

Public Services Curriculum

Summary - Taking Part in Sport and Adventurous Activities

Learners will take part in sport and adventurous activities during their outdoor learning trip.
Learners will plan participation in sport and adventurous activities
Demonstrate effective communication and teamwork skills when taking part in sport and adventurous activities.

Knowledge

- Importance of sport and recreation to the public services & The benefits of sport and recreation activities on staff productivity
- Types of sport and adventurous activity
- Conducting research on participating in sport and adventurous activities
- Factors to consider when planning activities
- Skills needed to participate in sport and adventurous activities

Skills

- Enhanced productivity, e.g. reduced staff illness and absenteeism, improved health and fitness, improved psychological wellbeing
- Team cohesion, e.g. building team trust and reliance on each other
- Improved staff loyalty and morale, e.g. employees are motivated by the healthy approach to work and by their employer's investment in them as individuals.
- Types of team sport, e.g. football, hockey, netball, basketball, rugby, cricket, volleyball.
- Types of individual sport, e.g. running, cycling, swimming, tennis, badminton, triathlon.
- Types of adventurous activity, e.g. walking, climbing, water sports.
- Personal conduct required when participating in sport and adventurous activities, e.g. positive attitude, team player in team sports, safe behaviour.
- Needs of participants and aims of sessions: identifying and planning for participant needs or aims, e.g. fun, education, skill development or planning personal improvement for participation.
- Access to appropriate activities, e.g. location, timing of activities, costs, participant ability.
- Personal safety equipment, e.g. helmets, shin pads, gumshields.
- Care of self, protection from personal injury.
- Understanding the rules for participation in team sports. Understanding the rules for participation in individual sports.
- Skills needed to participate in individual sporting activities, e.g. resilience, determination, organisation, self-esteem, personal development.
- Skills needed to participate in competitive play in a controlled environment, e.g. playing by the rules, respecting others, communication, tolerance, resilience. Skills needed when participating in adventurous activities, e.g. perseverance, motivation, adaptability. Skills acquisition.
- Practical skills and ability

Assessment
Progress book assessment fortnightly Assessed on assignment Verbal Feedback Peer Assessment
Intent
To plan and partake in sport and adventurous activities during their Outdoor Learning trips and use this opportunity to gain a BTEC accredited qualification through a presentation of information.