



**Years
7 - 14**

**Pathway
1- 3**

**Outdoor walking / Cross Country
Autumn / Summer Term**

Learning Intention:

Pupils will be taught through the use of a number of different venues and varying activities:

- Accessing local facilities whilst remaining safe
- How to use your leisure time
- How to keep fit and healthy outside of school / gyms?
- Different styles of running for different distance
- Running on different surfaces
- Race tactics

**Key knowledge that should be
learned during this SoW**

All

Most

Some

Concept:

- Recognise activities that can take place in public places
- Performing continuous exercise
- Bodily response to exercise
- Physical adaptations from exercise
- Concept of racing across different terrain

Knowledge:	<ul style="list-style-type: none"> ● What local facilities are available ● Safe behaviours when out in public ● How to interact with the public appropriately ● Following a known route or track ● Maintaining effort for longer durations 	<ul style="list-style-type: none"> ● How different paces affect the distance that can be ran 	<ul style="list-style-type: none"> ● Race tactics <ul style="list-style-type: none"> ○ The hare ○ Fast start ○ Strong finish ● How different terrains affect running
Key Skills:	<ul style="list-style-type: none"> ● Sustaining effort 	<ul style="list-style-type: none"> ● Pacing 	<ul style="list-style-type: none"> ● Choosing when and where to use the tactics
Language and/or communication skills:	<ul style="list-style-type: none"> ● Greeting people (if appropriate) ● Identifying enjoyment whilst out ● Identifying 	<ul style="list-style-type: none"> ● Pace 	

	places where they can spend their leisure time		
Curricular Links	<ul style="list-style-type: none">● PSHE: Personal hygiene; accessing the local community● Literacy: Timing;distances		