

Fishing	
Intended Skills	Outcome/Impact
Respect	Students follow the rules.
Being safe	Be safe around water and be safe using the equipment.
Independence	Get equipment ready and set up without the help of staff.
Teamwork	Learn from other more experienced students, helping each other.
Sharing	Take it in turn to use the equipment
Over coming fears	Students get to touch the fish
Inclusion	Ensure that everyone gets to join in create a sense of togetherness.
Empathy	Care for the fish and the environment around them.
Resilience	Know how to deal with changes in weather conditions and overcome potential snags with equipment.
Environmental awareness	Respect the environment and the surrounding wildlife.
Patience	Wait respectfully and quietly for a fish. Remove them safely and carefully from the hook.





Gym	
Intended Skills	Outcome/Impact
Safety	Students follow the rules of the gym and use the equipment correctly. Help each other to be safe.
Nutrition	Students are able to understand about the correct foods to eat, they are also able to see the amount of calories that are burnt after exercise.
Citizenship	Students are able to work productively and safely and cooperatively alongside the general public.
Teamwork	Learn from other more experienced students, help each other.
Sharing	Take it in turn to use the equipment
Over coming fears	Students able to work in an inclusive environment and actively encourage each other, in a non-judgemental atmosphere.
Inclusion	Ensure that everyone gets to join in, a sense of togetherness.
Leadership	Students taking the lead in exercise and are then able to demonstrate and guide others.
Determination	Students are able to run faster and lift heavier weights each time.
Trust	Students are using other people's equipment respectfully and helping each other when required.
Perseverance	Students continue to push and challenge themselves.
Healthy living and Fitness	Students gaining knowledge of how to stay fit and the benefits of exercise. It helps students to stop smoking.
Responsibility	Students have to take care of the equipment and each other.



Trampolining	
Intended Skills	Outcome/Impact
Literacy	Read the rules and regulations
Citizenship	Be polite when dealing with members of public and the staff at the centre.
Being safe	Follow the instructions provided to ensure they don't hurt themselves or others.
Self-Regulation	Know when to stop and rest, follow instructions when asked to stop.
Sharing	Take it in turn to use the equipment.
Respect	Be aware of members of the public who are also using the facilities.
Sharing	Allow everyone to get a turn on the different areas of the trampoline park.
Numeracy	Work out how far you can jump, high you can bounce.
Trust	Students develop levels of trust with each other when performing different moves.
Motivation	Try different moves, students want to improve their performance
Health and fitness	Spend more time on the trampolines, increase heart rate and drink more water to maintain hydration.



Dog Training	
Intended Skills	Outcome/Impact
Equality	Everyone is inclusive.
Self-regulation	Not getting frustrated with the animals.
Empathy	Understanding the reactions, feelings and needs of the animals.
Communication	Students give clear verbal and physical instructions for the animals.
Leadership	Show understanding of Alpha leader and Pack leader.
Caring	Students give praise and treats and nurture the animals.
Being Safe	Not agitating the animals, recognise signs of distress. Walking the animals in public.
Staying calm	Students understand that if they get frustrated and agitated, that stress is passed on to the animal and they will not respond positively to this.
Trust	Build relationships with the animals
Respect	Foster a belief that they can train and gain respect from the animal.
Responsibility	Trusted with another person's animal.
Environmental	Students understand about nature and being in an outside space.
Discipline	Be consistent in their approach and manner.
Resilience	Be able to keep with the task and ensure the animals progress in their training.

Pool	
Intended Skills	Outcome/Impact
Respect	Students follow the rules and show respect for the animals.
Communication	Ask for the equipment and respect each other respectfully.

Patience	Students take turns and follow the rules correctly. Encourage each other.
Social skills	Conduct themselves in a mature manner showing team work. Winning and losing appropriately.
Coordination	Hand eye coordination is developed
Numeracy	Gaining understanding of angles.
Citizenship	Social interaction with members of the public. Holding doors open and using manners.
Inclusion	Ensure that everyone gets to join in, a sense of togetherness.
Empathy	Awareness of other peoples skill levels and being considerate to other people's feelings.
Resilience	Students are able to persevere and develop the skills and confidence through playing.
Environmental awareness	Respect the environment and setting. Take care of table and equipment. Interact with the public in an appropriate manner.
Confidence	Students are able to develop their skill level and enjoyment of the game.



Football	
Intended Skills	Outcome/Impact
Motivation	Students strive to play well and perform for themselves and their peers.
Communication	Encourage a team ethic and talk to each other. Students helping and leading
Teamwork	Work well together, encourage each other.
Following instructions	Listen to the referee and follow decisions and act upon them respectfully.
Safety	Play correctly and tackle properly. Have an awareness of risk and possible harm. Follow rules.
Leadership	Individuals are able to shine and set an example as a leader and as an authority figure.
Citizenship	Work collaboratively as a team and respect your peers.
Community	Play on a public facility, and show respect to the facilities and members of the public.
Nutrition	Students understand about diet and how to fuel their body.
Health and fitness	Students are able to raise their heart rate. Endorphins are released due to exercise relieving stress and triggering positivity.
Coordination	Show ball skills and mobility on the pitch. Run into space. Increase technical ability.



Food Technology 'Take your food home'	
Intended Skills	Outcome/Impact
Nutrition	Students are able to understand the nutritional value of food and identify nutrients within a meal and the benefits of the nutrients on the body.
Healthy living	Students identify ingredients and are able to make informed choices.
Teamwork	Opportunities are given to enable students to work in a production line.
Following instructions	Students are able to watch demonstrations and follow written and verbal instructions.
Safety	Work correctly and safely and hygienically at all times. Understand kitchen routines.
Budgeting	Students are able to see the cost of the ingredients and are able to see a comparison and see the value of being able to cook your own food.
Literacy	Understand key terms and read and follow a recipe and method.
Numeracy	Weighing and measuring, ratios, calculating costs and budgeting.
Life skills	Develop a range of preparation and cooking techniques and budgeting and buying the food.
Health and fitness	Able to discuss good and bad choices about nutrition.
Coordination/Timing	Be able to multi task, to produce a meal.
Respect	Students recognise the monetary and nutritional value of food and respect the ingredients. Show a reduction in food waste.



Boxing	
Intended Skills	Outcome/Impact
Character building	Students stay positive when exercise gets physically demanding.
Fitness	Students are encouraged to stop smoking.
Discipline	Follow drills and respect the rules of the gym.
Follow instructions	Listen and watch carefully to what punches and blocks they should be doing.
Safety	Follow safety rules, discussions about gangs and knife crime. Ensure that each other are safe.
Coordination	Complete combinations and drills.
Motivation	Create a team ethic, students encourage each other in a positive manner.
Resilience	Stay on task despite knock backs. Continue to work hard when exercise gets difficult.
Determination	Students make progress, want to get better and use a variety of techniques.
Trust	Trust between training partners
Responsibility	Look after the gym equipment.
Respect	Show self control when punching others.
Nutrition	Students receive advice about foods they should eat in order to heal after exercise.



Bowling	
Intended Skills	Outcome/Impact
Safety	Students follow the rules of the facility and use the equipment correctly. Conduct themselves within the behaviour policy.
Sharing	Take turns, and work alongside others.
Self-discipline	Regulate emotions.
Coordination	Students develop physical skills, motor skills, hand eye coordination.
Communication	Speak to each other appropriately, interact with the general public. Ask politely for things.
Numeracy	Add scores and estimate angles.
Inclusion	Ensure that everyone gets to join in, promote a sense of togetherness.
Respect	Students understand about personal space, to be polite and demonstrate respectful communication.
Teamwork	Help others. Advise and share strategies.
Trust	Students are using other people's equipment respectfully and helping each other when required. Mentoring others.
Citizenship	Communicate politely and respectfully. Demonstrate good conduct in public.
Motivation	Aim to improve, promote healthy competition.
Leadership	Organise a rota, direct and mentor others.
Resilience	Manage emotions when things don't go to plan.



Rounders	
Intended Skills	Outcome/Impact
Safety	Students follow the rules of the game and use the equipment correctly. Help each other to be safe. Travel on the bus.
Teamwork	Students work across year groups.
Patience	Students take it in turns. Wait and listen to instructions.
Fitness	Students are able to run around and raise their heart rate, enjoying a team atmosphere.
Empathy	Keeping control of emotions and be understanding of how people may feel if they have won or lost
Confidence	Encourage each other to get better and try.
Ready Respectful Safe	Students participate because they have achieved the BFL criteria.
Leadership	Some students take the lead in exercise and are able to demonstrate and guide others.
Determination	Students are able to run faster or hit the ball further.
Trust	Students are using other people's equipment respectfully and helping each other when required. Set up and tidy equipment away.
Communication	Give each other instructions, be good responsive listeners.
Healthy living and Fitness	Students gain knowledge of how to stay fit and the benefits of exercise. It helps students to stop smoking. Leads an active lifestyle.

Golf: Driving Range	
Intended Skills	Outcome/Impact
Safety	Students follow the rules of the facility and use the equipment correctly. Conduct themselves within the behaviour policy.
Sharing	Take turns, and work alongside others.
Self-discipline	Regulate emotions.
Coordination	Students develop physical skills, motor skills, hand eye coordination.
Communication	Speak to each other appropriately, interact with the general public. Ask politely for things.
Numeracy	Students able to view and estimate distance of drive.
Inclusion	Ensure that everyone gets to join in, promote a sense of togetherness.
Respect	Students understand about personal space, to be polite and demonstrate respectful communication. To be quiet when others are taking a shot.
Teamwork	Help others. Advise and share strategies on stance and grip and position.
Trust	Students are using other people's equipment respectfully and helping each other when required. Mentoring others.
Citizenship	Communicate politely and respectfully. Demonstrate good conduct in public.
Motivation	Aim to improve, promote healthy competition.
Leadership	Students mentor others and give guidance.
Resilience	Manage emotions when things don't go to plan. Understand that they need to be calm.

