



Sports and Leisure Curriculum Intent Statement (KS5)

Our Sports and Leisure curriculum at Key Stage 5 is designed to empower young people to lead healthy, active, and fulfilling lives. Rooted in the principles of Preparation for Adulthood (PFA), the curriculum provides meaningful opportunities for students to explore physical activity, leisure, and wellbeing in ways that promote independence, confidence, and community inclusion.

We aim to:

- Promote good health by encouraging regular participation in physical activity that supports physical, emotional, and sensory wellbeing.
- Develop independent living skills through real-life experiences in planning, accessing, and managing leisure activities both in school and the wider community.
- Support pathways to employment by building transferable skills such as teamwork, communication, and responsibility through structured sports and leisure opportunities.
- Foster friendships and community engagement by enabling students to participate in inclusive group activities, local clubs, and social events that build relationships and a sense of belonging.
- Champion student voice and personalisation, ensuring that every learner has choice, ownership, and agency in shaping their sports and leisure experiences.
- Our curriculum is flexible, inclusive, and responsive to individual needs and aspirations. It prepares students not only for physical wellbeing but also for a life of active participation, social connection, and personal growth beyond the classroom.

Implementation Goals for Sports and Leisure Curriculum (KS5)

Aligned with Preparation for Adulthood (PFA)

1. Good Health

- Provide access to a range of physical activities that promote fitness, mobility, and mental wellbeing.
- Support students in understanding how regular participation in sports and leisure contributes to a healthy lifestyle.
- Embed routines that encourage self-care, hydration, rest, and emotional regulation through movement.



- Offer personalised sensory-friendly activities to meet individual health and regulation needs.

2. Independent Living

- Teach students how to plan and choose leisure activities independently, including using timetables, booking systems, and travel arrangements.
- Develop skills for accessing community leisure facilities (e.g. gyms, swimming pools, parks) safely and confidently.
- Encourage students to manage their own sports kit, hygiene routines, and personal equipment.
- Promote understanding of safety, boundaries, and appropriate behaviour in public leisure settings.

3. Employment

- Introduce vocational pathways linked to sports and leisure (e.g. sports assistant, grounds maintenance, leisure centre roles).
- Develop transferable skills such as teamwork, timekeeping, communication, and responsibility through structured sports sessions.
- Offer work-related learning opportunities in leisure environments, including volunteering or supported internships.
- Use sports leadership roles to build confidence and responsibility.

4. Friends, Relationships and Community

- Facilitate inclusive group activities that promote social interaction, cooperation, and friendship.
- Support students in developing communication skills through team games, peer coaching, and shared leisure interests.
- Encourage participation in community-based clubs and events to build social networks and a sense of belonging.
- Celebrate diversity and inclusion in sport, promoting respect and understanding of others.

5. Student Voice and Personalisation

- Involve students in co-planning their sports and leisure curriculum based on interests, strengths, and aspirations.
- Use person-centred approaches to set individual goals and track progress.
- Provide flexible options for participation, including competitive, recreational, and therapeutic activities.



- Regularly review and adapt provision based on feedback and evolving needs.

Impact

Our Sports and Leisure curriculum enables students to lead healthier, more independent, and socially connected lives. Learners demonstrate improved physical fitness, emotional wellbeing, and confidence through regular participation in inclusive activities. They develop practical life skills—such as planning, accessing, and managing leisure opportunities—that prepare them for adulthood and community engagement. Students build friendships, strengthen communication, and gain transferable skills for future employment. By promoting choice and personalisation, the curriculum ensures every young person feels empowered, valued, and ready to enjoy active, fulfilling lives beyond school.