|  |
| --- |
|  |
| Subject: Outdoor Education |
| Group/ Year: KS1 and 2 |

|  |  |  |
| --- | --- | --- |
| Autumn/ Winter | | |
| Weeks 1-6 | Weeks 7-12 | Weeks 13-18 |
| The focus week 1-6 is assessing risks and knowing your personal limits through the following activities:     * Climbing * Cycling / bike ability x2 * Gardening * Nature walks     The core skills to be developed will be:   * Planning journeys * Managing risks * Goal setting * Teamwork | The focus week 7 – 12 is to make personal achievements and explore the environment through the following activities:     * Rafted Canoeing * Pendle hill and sculpture trail * Water safety * Orienteering * Archery     The core skills to be developed will be:   * Water safety * Personal Safety * Bikeability * Confidence. | The focus week 13 – 18 is learning how to be part of a team and the skills involved to make it successful through the following activities:     * Weaselling * Beach / team building * Outdoor cooking * Abseiling * Coal mine     The core skills to be developed will be:   * Helping others * Taking turns * Healthy and active lifestyle * Communication |