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

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| 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

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