

Curriculum map – Outdoor Ed

All students at the PRS get the opportunity to try a variety of Outdoor Education activities. These activities will vary depending on the season/weather as well as the needs of the group but can include rock climbing, mountain biking, hillwalking/navigation and a variety of watersports. The theme that runs through all of the Outdoor Ed sessions is “Challenge by Choice” and the aim is to allow all students to experience new activities, build resilience, teamwork and knowledge as well as a greater understanding of themselves and their abilities.

Progress for students would be them being able to meet some or all of the following success criteria:

<u>Climbing</u>
I can put on a harness correctly
I can tie in with a figure of eight knot complete with a stopper
I can belay safely under supervision
I am able to be in a climbing wall safely
I am confident in attempting an abseil
I can hold a simple top rope fall
I can show an understanding of the equipment used both indoor and out.
I can climb a wall with confidence
I can climb a graded route comfortably
I am able to demonstrate a wide range of climbing techniques and use them appropriately
<u>Mountain Biking</u>
I can do an M-check
I am able to name some of the components on a bike
I am able to demonstrate the ready position
I understand how to ride along a road safely

I can use the brakes appropriately (both together under control)
I can complete simple repairs (puncture, broken chain, skipping gears)
I am able to demonstrate different techniques (cornering, pump track and good body position for obstacles)
I am able to identify rights of way that are legally allowed to be accessed on a bicycle
<u>Paddle sports</u>
<i>Canoeing</i>
I am able to lift a canoe safely with other students
I can fit and check safety equipment (buoyancy aid, wetsuit, stow painters etc.)
I can paddle a boat on flat water and light winds both tandem and solo
I can demonstrate different paddle strokes confidently
<i>Kayaking</i>
I can demonstrate the correct way to enter and exit a kayak
I can paddle on flat, calm water
I am able demonstrate good body positioning
I can demonstrate a variety of paddle strokes
<i>Paddleboard</i>
I can stand up on a paddleboard on flat calm water
I can self-rescue in the event of a fall in
I can demonstrate advanced techniques (eg step back turn)
I can demonstrate a variety of different paddle strokes
I can rescue other paddleboarders safely
Walking
I can complete a simple hill walk
I can recognise common map symbols and link them to features on the ground

I can orientate a map using visible features
I can identify contour lines and verbally describe their effect whilst hillwalking
I can identify geological features and link them back to previous geography lessons.
I can identify public rights of way and show understanding what they mean