

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	Orienteering	Climbing		Cycling		Orienteering
Key learning Aims and knowledge	Teamwork Decision making Accurate working	Co-operation and competition Movement skills Physical activity and health Speaking and listening		Perseverance Link to science (heart rate, diet, hydration) Leadership Communication		Teamwork Decision making Accurate working
Skills	-Use of a variety of maps (OS, topographic, geological) -Recognising symbols and using them as reference point on routes - Extended routes, higher elevation -Navigate routes in various environment (urban, woodland, mountain/hills) -Use of 6 figure grid references -Planning routes and leading them (whole or stages)	-Awareness of safety rules and hazards -Climbing a chosen route with confidence -Correct method of descending -Advanced climbing movement (heel hook, rock over, smearing, palming) -Top robe climbing and bouldering to high standard -Belaying other members of the group (setting up, good technique, able to hold climber) -Competent tying in (both on themselves and to others) -Advising climbers on where to move, next holds, encourage. -Level 2 NICAS		-Basic safety on bikes (on road, in traffic, off road) -Correct use of gears without prompting from staff -Front and rear brakes used in tandem to slow rider rather than exclusively rear brake to stop sharply. -Movement skills (body positions when climbing/descending) -Leading the group (talking to those behind, giving directions, indicating) -Bike maintenance (complete M check, repairs when away from centre)		-Use of a variety of maps (OS, topographic, geological) -Recognising symbols and using them as reference point on routes - Extended routes, higher elevation -Navigate routes in various environment (urban, woodland, mountain/hills) -Use of 6 figure grid references -Planning routes and leading them (whole or stages)
Assessment	AQA Unit Awards Level 1/2 Verbal questioning Ongoing Practical assessment	-Level 2 NICAS AQA Unit Awards Verbal questioning Ongoing Practical assessment		AQA Unit Awards Level 1/2 Verbal questioning Ongoing Practical assessment		AQA Unit Awards Level 1/2 Verbal questioning Ongoing Practical assessment

KS4

Students develop on the skills learnt during KS3 and begin to tackle advanced levels, which challenge and push them to achieve. They will be encouraged to take on responsibilities and leadership within the activities to engage them further and build confidence. Outdoor Education offers the chance to push students out of their comfort zone whilst learning activity specific skills as well as wider reaching personal development.

National Curriculum:

Take part in outdoor and adventurous activities, which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group.