

### KS3

Students are introduced to learning outside of the classroom with a variety of activities they may not have experienced in mainstream school. 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.

	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 Leadership Communication		Teamwork Decision making Accurate working
Skills	-Basic understanding of maps -Orientate a map -Recognising symbols -Navigate along a simple route -Use of 4 figure grid references	-Awareness of safety rules and hazards -Climbing a chosen route with confidence -Correct method of descending -Basic climbing movement -Experience of top rope climbing and -bouldering		-Basic safety on bikes (on road, in traffic, off road) -Efficiency with pedalling (knowing when to change up/down gears) -Be able to use brakes to avoid accidents		-Basic understanding of maps -Orientate a map -Recognising symbols -Navigate along a simple route -Use of 4 figure grid references
Assessment	AQA Unit Awards EL/L1 Verbal questioning Ongoing Practical assessment	NICAS Level 1 Award AQA Unit Awards Verbal questioning Ongoing Practical assessment		AQA Unit Awards EL/L1 Verbal questioning Ongoing Practical assessment		AQA Unit Awards EL/L1 Verbal questioning Ongoing Practical assessment

