

Adventure Activity Program

By Georgina Ireland



Low Ropes

Why?

Why?

The Outcome

Orienteering

Why?

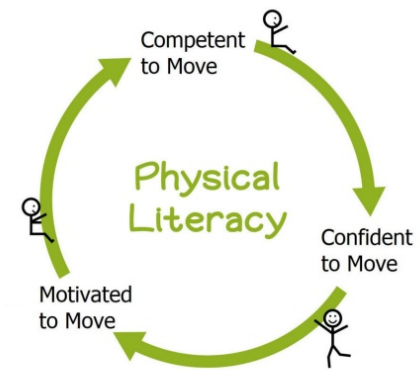
Climbing

Why Adventurous Activities?



How do adventurous activities help children with in schools?

- Physical literacy
- Personal development
- Health and Well-being



WHY?

POSITIVE AFFECTS OF ADVENTEROUS OUTDOOR ACTIVITES IN SCHOOLS

Helps children continue to develop thier physical literacy as they continue to grow

Being outdoors allows for different experiences

Encourages physical activity, in a fun and exciting way

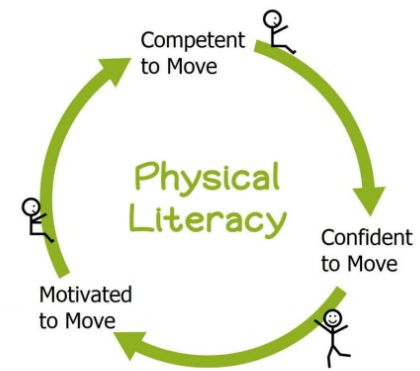
Develops childrens communication and team work

'positive influences from physical activity on both mental wellbeing and academic outcomes' (Hyndman and Mahony, 2018)



How do adventurous activities help children with in schools?

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- Personal development
- Health and Well-being



WHY?

Lesson Plans

Climbing

Using the development of the bouldering wall

- Easy progression steps
- Build up confidence
- Build up knowledge

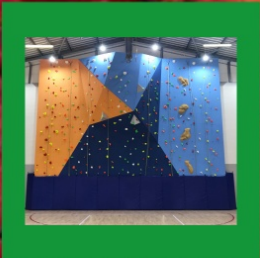
Progression and Assessment

Lesson <i>Gwers</i>	Learning Objectives <i>Amcanion Dysgu</i>	Teaching Activities	Skills <i>Sgiliau</i>	Learning Outcomes <i>Canlyniadau dysgu</i>	Assessment Opportunities / Review <i>Cyfleoedd asesu /</i>	Equipment
Lesson 1 Back to basics	To understand the importance of OAA in the PE curriculum To understand the safety protocols To understand the responsibility of individual and group safety To build confidence	Teacher-led introduction: a) ask pupils what they already know about bouldering? b) discuss with pupils the skills that bouldering can help them to develop? Activity 1: Grip Introduction Get pupils to find different ways that they can hold onto the wall, trying different grips and holds. (without being on the wall) Activity 2: Bouldering games Run the activities shown on the OLC: B cards repeat activities as necessary and progress onto next card in groups in according to confidence of the individuals Activity 3: Assess Pupils self-assess their progress and set goals for the next session.	To develop skills for bouldering Team work To develop communication	Introduction to the bouldering wall to pupils students set personal development goals to aim towards Students will learn the different grips and movements for moving across the bouldering wall.	use appropriate techniques to move across the wall effectively. select routes of changing difficulty	OLC: B Task Cards
Lesson 2 Next Step	To understand the importance of OAA in the PE curriculum To understand the safety protocols To understand the responsibility of individual and group safety and equipment To continue build confidence To develop communication skills	Teacher-led introduction: a) ask pupils what they remember from last week? b) discuss with pupils the equipment that will be used and how to handle it? Activity 1: warm up Get pupils to use the skills from the previous week to move along the wall can they beat their time from last week Activity 2: climbing Based on the confidence of the individual, climb up the wall, only as high as they would like (if pupils aren't ready for <u>this</u> they can continue to practice on the bouldering wall). Activity 3: Assess Pupils self-assess their	To develop skills for bouldering <u>Team work</u> To develop communication	Introduction to the bouldering wall to pupils students set personal development goals to aim towards Students will learn the different grips and movements for moving across the bouldering wall.	use appropriate techniques to move up the wall effectively. select routes of changing difficulty selecting routes of different heights	Climbing equipment

Progresss and Assessment

There is opportunity to progress at a rate the pupil is comfortable with and allows for personal challenges to be set

Assessment can be made by the pupils, at the start say what they want to achieve and at the end assess their progress



Lesson Plans

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WHY?

Residential experience:

- Have basic understanding
- Doesn't feel as daunting
- Provides a better experience

Physical Education Curriculum:

- Helps to develop pupils thinking skills
- Promotes health and well-being



Quotes

Quotes

'Learners should be given opportunities to promote their health and emotional well-being'

'Learners engage in planning how to design and make progress in their performance.'

(Physical Education Curriculum, 2008)



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Lesson Plan

Orienteering

Using the development of the orienteering course

- Easy progression steps
- Repeat activities as necessary
- Set challenges for pupils that are ready to move on

Progression and Assessment

Lesson Gwers	Learning Objectives Amcanion Dysgu	Teaching Activities	Skills Sgiliau	Learning Outcomes Canlyniadau dysgu	Assessment Opportunities / Review Cyfnewidiadau / Cychwyn / Cychwyn	Equipment
Lesson 1 basics	To understand the importance of OAA in the PE curriculum To understand the basics of orienteering	a) what do pupils know about orienteering? b) what skills can they develop from orienteering that they can use in other areas? Activity 1: map introduction pupils have a blank map with no orienteering symbols. Discussion of key features and symbols on the map and what they mean: at least one cross b) features: what they mean and how they can help c) scale of map d) orientation on the map Activity 2: Netball Numbers Run activity described on OLC:06 working in pairs or small groups each group needs a map Activity 3: Cardinal cones Run the activity shown on OLC: pairs or small groups each group will need a map and direction card each pupils self-assess skills and set goals for the next session	To develop team work and communication skills To develop practical maths techniques Such as the use of scales teamwork Using checkpoints to make journeys between legs shorter and easier to manage	Introduce the use of the map including the symbols and orientation Pupils set their own learning targets for the session learn the symbols used on the map and remember information	OLC: 06 and 7 Task Cards	

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Lesson 2 Next step	To understand the importance of OAA in the PE curriculum To use the skills learnt last lesson to have further understanding of orienteering	a) what do pupils remember from last lesson? b) what skills do they want to further develop? Activity 1: recap Go over what was learnt last lesson Activity 2: Score run Run activity described on OLC:09 working in pairs or small groups each group needs a map Activity 3: Run the activity shown on OLC:012 in pairs or small groups each group will need a map pupils self-assess skills and set goals for the next session	To continue to develop team work and communication skills To develop practical observation skills Using symbols on the map to navigate the campus	Develop the use and understanding of the map including the symbols and orientation Pupils set their own learning targets for the session learn the symbols used on the map and remember information	OLC: 09 and 12 Task Cards	

Progression and Assessment

The children can progress through the stages as they feel comfortable.

Skills developed in these classes can be used in other areas.

There are opportunity for self assessment as the pupils make goals at the start of the lesson and review them at the end.



Lesson Plan

Orienteering

Using the development of the orienteering course

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Progression and Assessment

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Realations?

Residential Experience:

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Physical Education Curriculum:

- Helps to develop communication and cooperativeness
- Works on developing health and social education.



Quotes

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'Physical education contributes to learners' personal and social education by prioritising activities that contribute to health, fitness and well-being throughout life'

'Working closely with others in cooperative and competitive activities develops effective relationships and self-assurance, while coping with the increasing influence of peer pressure'

(Physical Education Curriculum, 2008)



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Lesson Plan

Physical Literacy Gym Set

- Children set their own challenges
- Easy progression
- Change equipment uses to change the level of challenge
- Leading to use of Low Ropes

Progress and Assessment

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Lesson 1 Basics	To understand the importance of OAA in the PE curriculum To understand the safety protocols To build confidence To develop balancing skills	What goals do they want to achieve? a) Have they used a physical literacy gym set before? b) discuss with pupils the equipment that will be used and how to handle it? Activity 1: warm up (Get pupils to choose a warm-up game that doesn't involve the equipment) Activity 2: Allow pupils to free play on the easier equipment getting used to how they can move and balance on it Activity 3: Get the pupils to make up a game they can play on the equipment that encourages physical literacy Pupils self-assess their progress	To develop balancing and communication skills Teamwork Develop Confidence on the equipment	Introduction of the equipment and getting used to being on it students set personal development goals to aim towards Students will learn the different ways they can move across the equipment	use appropriate techniques to move across the equipment select different equipment to challenge selves	Physical literacy gym set

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Progress and Assessment

Children set their own goals to aim towards and self assess whether they met them in discussion

Skills developed in these sessions will help the students progress through life.

Children can challenge themselves throughout the sessions, choosing the level of challenge themselves.



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Why?

Physical Education Curriculum:

- Develops creativity and imagination
- Encourages enthusiasm for movement

Residential Experience:

- Teaches them skills needed for the activities at the residential
- Introduces Coordination practice



Quotes

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'Children's physical development, enthusiasm and energy for movement should continually be promoted through helping them to use their bodies effectively, by encouraging spatial awareness, balance, control and coordination, and developing motor and manipulative skills'

'Children should be continually developing their imagination and creativity across the curriculum.'

(Physical Education Curriculum, 2008)



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Overall Outcome

These activities prepare students for a residential week away.

Exposes them to the challenges they may face.

Teaches them new skills.

Follows the guidance in the Physical Education Curriculum



A word cloud containing various virtues and qualities. The words are arranged in a circular pattern with varying font sizes. The most prominent words are 'Patience', 'Confidence', 'Leadership', and 'Diligence'. Other visible words include 'Creativity', 'Accountability', 'Self-discipline', 'Compassion', 'Determination', 'Excellence', 'Humility', 'Courage', 'Respect', 'Honesty', 'Enthusiasm', and 'Kindness'. A small 'WordItOut' logo is visible in the bottom right corner of the word cloud.

Creativity Accountability
Self-discipline
Patience Compassion
Determination
Excellence Humility
Confidence
Courage Respect
Leadership Honesty
Enthusiasm
Kindness
Diligence

References

References:

2008. Physical Education In The National Curriculum For Wales. [PDF] Cardiff: Welsh Assembly Government. Available at: <https://moodle.uwtsd.ac.uk/pluginfile.php/447265/mod_resource/content/1/PE%20curriculum%20Wales.pdf> [Accessed 3 January 2021].

Hyndman, B. and Mahony, L., 2018. Developing creativity through outdoor physical activities: a qualitative exploration of contrasting school equipment provisions. *Journal of Adventure Education and Outdoor Learning*, 18(3), pp.242-256.



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