

Long Term Overview KS3 Outdoor Education

| Unit Title | Walking/cycling/ kayaking | Escape and Evasion | Fishing | Climbing | Cycling | Kayaking |
|-----------------------------|--|--|---|--|---|---|
| Term | Autumn (a) | Autumn (b) | Spring (a) | Spring (b) | Summer (a) | Summer (b) |
| No. Weeks | 8 Weeks | 7 Weeks | 6 Weeks | 5 Weeks | 7 Weeks | 7 Weeks |
| Overview Year 7 | Depending on weather the students are taken on mixed sessions of cycling and kayaking to reinforce the learning from previous terms they will also experience some walks in some attractive locations to experience in the outdoors. | Students will be introduced to the art of camouflage and concealment. They will be shown locations that are ideal for concealment, how to wear camouflage and use face paint effectively to increase the effectiveness of the concealment. They will also learn how to use the surrounding environment to their advantage. | Introduction to fishing that covers basic rod setup, casting, reeling in, bite detection and concepts surrounding general fishing including safety and awareness of the environment. Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather – the beach. | The students will be introduced to indoor climbing at the Sunderland Climbing Wall. They will learn how to participate in a suitable warmup, learn how to check that their harness is fitted correctly, use the wall safely and improve their climbing skills. | Students will be introduced to cycling. The focus will be on taking responsibility for equipment, safety and awareness of other trail users and include some basic bike checks/maintenance and safe use of brakes. Students will work on basic cycling skills and improve fitness levels. | The students will be introduced to kayaking, learn about safety, behaviour expectations during the sessions and safe lifting of boats to and from the water. They will be shown the basic paddle skills in order to successfully paddle in a controlled direction and be able to turn the boat. |
| Visits/ Visitors | River Wansbeck Cycle trails Country Park Coastal walks | Herrington Country Park Benton Park Hetton Lake | All-day fishing trip at suitable location according to the weather | Sunderland Climbing Wall facility | All-day cycling trip at Hamsterly Forest. | All day kayak river trip – Durham to Finchale Abbey |

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| Overview Year 8 | Mixed activities. Depending on weather the students are taken on mixed sessions of cycling and kayaking to reinforce the learning from previous terms they will also experience some walks in some attractive locations to experience in the outdoors. | Students will be reminded about the art of camouflage and concealment. They will be shown locations that are ideal for concealment, how to wear camouflage and use face paint effectively to increase the effectiveness of the concealment. They will also learn how to use the surrounding environment to their advantage. Technical use of face-paint, clothing, surrounding and suitable foliage for improved concealment. | Focus on learning how to do basic rod setup independently, casting longer distances with increased accuracy, reeling in, bite detection and reinforcing concepts surrounding general fishing including safety and awareness of the environment. Students will learn how to bait hooks effectively and be introduced to the use of blood knots for tying on hooks etc. Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather – the beach. | The students will attend the indoor climbing at the Sunderland. They will learn how to do independently a suitable warmup, learn how to fit and check that their harness is fitted correctly, use trust and the auto-belay system safely. The students will be shown the re-threaded figure of eight knot to tie themselves I with support. | Students will be cycling in various new venues. The focus will be on taking responsibility for equipment, safety and awareness of other trail users and include some basic bike checks/maintenance. Students will be shown the ABC Quick checks and the relevance/safety application of the pre-ride check. Students will work on cycling skills including: pedal cadence, basic body piston/weight shifting for different angles and effective use of brakes. | The students will be introduced to setting up the kayak for effective paddling including back rests and foot pedals, broaden knowledge and awareness safety. Students will be shown new paddle skills such as: reverse paddling, stopping the boat quickly, basic draw strokes, combination sweep strokes etc. Students will be introduced to the use of spray-decks and learn why they are effective. Students will learn how to empty their own boats after a capsize and return themselves to the water. |
| Visits/ Visitors | River Wansbeck Cycle trails Country Park Coastal walks | Herrington Country Park Benton Park Hetton Lake | All-day fishing trip at suitable location according to the weather | Sunderland Climbing Wall facility | All-day cycling trip at Hamsterly Forest. | All day kayak river trip – Durham to Finchale Abbey |

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| Overview Year 9 | Depending on weather the students are taken on mixed sessions of cycling and kayaking to reinforce the learning from previous terms they will also experience some walks in some attractive locations to experience in the outdoors. | Students will be reminded about the art of camouflage and concealment. They will be shown new locations that are ideal for concealment, reinforce knowledge of how to wear camouflage and use face paint effectively to increase the effectiveness of the concealment. They will practice using the surrounding environment to their advantage. Technical use of face-paint, clothing, surrounding and suitable foliage for improved concealment. Und | Focus on learning how to do basic rod setup independently, casting longer distances with increased accuracy, reeling in, bite detection and reinforcing concepts surrounding general fishing including safety and awareness of the environment. Students shown how to remove hooks independently using forceps (where required). Students will bait hooks independently and be encouraged on using blood knots for tying on hooks etc. with independence. Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather – the beach. | The students will attend the indoor climbing at the Sunderland. They will learn how to do independently suitable and different warmups, learn how to fit and check that their harness is fitted correctly, use the auto-belay system safely and climb routes of various technical levels. The students will be shown the re-threaded figure of eight knot to tie themselves in (staff will always check this prior to climbing). Students climbs will be logged and students will climb routes that have increasing difficulty in order to improve climbing skills. | Students will be cycling in various new venues. The focus will be on taking responsibility for equipment, safety and awareness of other trail users and include some basic bike checks/maintenance. Students will be using the ABC Quick checks and fully understand the relevance/safety application of the pre-ride check. Students will work on cycling skills including: pedal cadence, basic body piston/weight shifting for different angles, cornering (berms, flat corners), and effective use of gears, technical descending. | The students will be independently setting up the kayak for effective paddling including back rests and foot pedals, broaden knowledge and awareness safety. Students will be practicing paddle skills such as: reverse paddling in a straight line and with increased speed, stopping the boat quickly, draw strokes and sculling draw strokes, combination sweep strokes etc., and bow and stern rudders. Students will learn how to correctly fit spray-decks independently along with all the relevant PPE. |
| Visits/ Visitors | River Wansbeck Cycle trails Country Park Coastal walks | Herrington Country Park Benton Park Hetton Lake | All-day fishing trip at suitable location according to the weather | Sunderland Climbing Wall facility | All-day cycling trip at Hamsterly Forest. | All day kayak river trip – Barnard Castle to Abbey Rapids |