

## Long Term Overview

### KS3 Outdoor Education (Middle & ASD)

Year 7	Unit Title	Introduction to Woodland Activities/Escape and Invasion	Introduction to Indoor Climbing and Archery	Introduction to Fishing and Indoor Climbing	Introduction to Bush craft/Forest school activities	Introduction to Mountain Biking and Water Sports
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a/b)
	No. Weeks	7 Weeks	8 Weeks	6 Weeks	6 Weeks	12 Weeks
	What We Will Learn	<p><b>Woodland Activities:</b> Students will be introduced to a range of woodland activities, encouraging them to familiarise themselves with being in an outdoor environment and understanding suitable clothing that they will need. They will learn skills such as communication, team building, working with others and independent skills.</p> <p><b>Escape and Invasion:</b> Students will be introduced to the art of camouflage and concealment, shown locations that are ideal for concealment, how to wear camouflage and use face paint effectively to increase the effectiveness of the concealment and how to use the surrounding environment to their advantage.</p>	<p><b>Indoor Climbing:</b> Students will be introduced to indoor climbing, they will familiarise themselves with the safety equipment used and know the rules and boundaries at the climbing wall. The student will be introduced to basic climbing skills and techniques.</p> <p><b>Archery:</b> Students will learn the layout of the Archery Range, how to put on safety equipment such as Arm Guards, and Finger Tabs. Students will become familiar with the parts of the Bow and Arrow. Students will learn how to correctly hold the bow, load and release an arrow safely. Students will also learn how to safely retrieve their arrows and return them.</p>	<p><b>Indoor Climbing:</b> Students will continue with an introduction to indoor climbing, they will familiarise themselves with the safety equipment used and know the rules and boundaries at the climbing wall. The student will be introduced to basic climbing skills and techniques.</p> <p><b>Fishing:</b> 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.</p>	<p>A designated woodland will be identified for use of Forest School /Bush craft activities. An agreement will be made by pupils of the use of the FS/ Bushcraft area. Students will learn about boundaries setting and acceptable risks. Pupils will have an introduction into shelters, Crafts, Tools and Fires.</p>	<p><b>Water Sports:</b> 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. Students will also get the opportunity to visit Simonside Activity Centre and try a variety of different Water Sport crafts.</p> <p><b>Mountain Biking:</b> 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.</p>
	What We Will Do	<p><b>Woodland Activities:</b> Students will take part in a variety of activities such as frisbee golf, nature scavenger hunt, low ropes course and shelter building in a woodland environment.</p> <p><b>Escape and Invasion:</b> Students will visit a range of terrains within the local area to implement and</p>	<p><b>Indoor Climbing:</b> Students will learn how to participate in a suitable warm-up, This may involve a game or bouldering activity. Students will learn how to check that their harness is fitted correctly, use the wall safely and improve their climbing skills over the term.</p>	<p><b>Indoor Climbing:</b> Students will learn how to participate in a suitable warm-up, This may involve a game or bouldering activity. Students will learn how to check that their harness is fitted correctly, use the wall safely and improve their climbing skills over the second term.</p>	<p>Students will look at different shelters, natural and unnatural and will build both types of shelters.</p> <p>Students will make crafts using the tools such as secateurs and collect items from their natural environment. Students will be able to create and make natural paints, bracelets and necklaces, photo frames, weaving</p>	<p><b>Water sports:</b> During this term, students will be shown the basic paddle skills in order to successfully paddle in a controlled direction and be able to turn the boat. Students will know how to put on safety equipment such as Buoyancy Aids and Helmets and how to hold and use a Paddle correctly. Students will also take</p>

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		further develop their skills of evading capture.	<b>Archery:</b> Students will take part in a beginner's course which will involve knowing what eye to shoot with, Putting on safety equipment, shooting the bow with an arrow safely and an introduction into aiming.	<b>Fishing:</b> Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather – the beach. .	and hanging decorations. (Students will get to choose which craft they will like to make)  Students will get an introduction into how to safely use a flint and steel to create a fire. Students will also get a demonstration on different methods of lighting fires and what woods materials work best.	part in Water Sports sessions down at Simonside Activity Centre which will involve using different watercrafts such as Sit On Top Kayaks and Power Boat., Stand Up Paddle Board and Canoe.  <b>Mountain Biking:</b> Students will work on basic cycling skills and improve fitness levels and begin to work towards achieving their Level 1 Bikeability Award.
	<b>Skills Learned</b>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Team work</li> <li>• Using our natural environment</li> <li>• Working with others</li> <li>• Working Independently</li> </ul>	<b>Indoor Climbing</b> <ul style="list-style-type: none"> <li>• Safety rules and boundaries of the indoor climbing walls used.</li> <li>• To check harness is fitted correctly</li> <li>• Know how to boulder</li> <li>• Climbing using Auto Belays</li> <li>• Climbing being belayed by a member of staff.</li> </ul> <b>Archery</b> <ul style="list-style-type: none"> <li>• Loading a Bow and arrow safely.</li> <li>• Using appropriate safety Equipment</li> <li>• Retrieving arrows correctly and safely</li> </ul>	<b>Indoor Climbing</b> <ul style="list-style-type: none"> <li>• Safety rules and boundaries of the indoor climbing walls used.</li> <li>• To check harness is fitted correctly</li> <li>• Know how to boulder</li> <li>• Climbing using Auto Belays</li> <li>• Climbing being belayed by a member of staff.</li> </ul> <b>Fishing</b> <ul style="list-style-type: none"> <li>• Safely using Fishing Rod</li> <li>• Safety Awareness</li> <li>• Equipment</li> <li>• Setting up a rod</li> <li>• Casting a rod</li> <li>• Reeling a rod</li> <li>• Bite Detection</li> </ul>	<ul style="list-style-type: none"> <li>• How to create different shelters using natural and unnatural materials utilising the environment.</li> <li>• Knot Tying using a clove hitch, square lashing, hitch, overhand.</li> <li>• How to make crafts using our natural environment</li> <li>• How to use secateurs safely</li> <li>• How to use a flint and steel safely</li> </ul>	<b>Water Sports</b> <ul style="list-style-type: none"> <li>• To Safely put on a helmet and Bouncy Aid</li> <li>• To hold a paddle correctly</li> <li>• To paddle in a controlled direction</li> <li>• To be able to turn the boat</li> <li>• To use a variety of Watersport crafts.</li> </ul> <b>Mountain Biking:</b> <ul style="list-style-type: none"> <li>• To correctly put on a Bike helmet</li> <li>• Basic bike checks</li> <li>• Use of Breaks</li> <li>• Safety awareness of others trail users.</li> </ul>

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Year 8	Unit Title	Escape and Invasion	Indoor Climbing and Archery	Fishing and Indoor Climbing	Bush craft/Forest school activities	Mountain Biking and Water Sports
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a/b)
	No. Weeks	7 Weeks	8 Weeks	6 Weeks	6 Weeks	12 Weeks
	What We Will Learn	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. There will be more emphasis on using the natural environment and surrounding environment to their advantage.	<p><b>Indoor Climbing:</b> Students will know how to participate in a suitable warm-up. They will know how to put their harness on correctly, and will learn how to tie a figure of eight knot and tie themselves in to the harness using a rethreaded through figure of eight and stopper knot. Students will be introduced into climbing grades and will be able to identify what grade they are climbing at.</p> <p><b>Archery:</b> Students will progress on to aiming this term using different techniques to improve the accuracy of their shot. Students will also learn what poundage bow is best for them.</p>	<p><b>Indoor Climbing:</b> Students will know how to participate in a suitable warm-up. Students will know how to put their harness on correctly, and will learn how to tie a figure of eight knot and tie themselves in to the harness using a rethreaded through figure of eight and stopper knot. Students will be introduced into climbing grades and will be able to identify what grade they are climbing at.</p> <p><b>Fishing:</b> 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.</p>	In the designated woodland for use of Forest School /Bush craft activities. Students will learn about the use of tools such as potatoes peelers and knives. Students will be introduced into how safely conduct themselves around a fire and how to prepare food safely and cook food using the fire.	<p><b>Water Sports:</b> This term, students will be shown a range a paddling techniques for Kayaking to support the control in the water of the Kayak. Students will learn how to raft up with their peers and will take part in games to increase their confidence in and on the water.</p> <p><b>Mountain Biking:</b> 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.</p>
	What We Will Do	Students will visit a range of terrains within the local area to implement and further develop their skills of evading capture. This term students will use the surrounding environment to their advantage. Technical use of face-paint, clothing, surrounding and suitable foliage for improved concealment.	<p><b>Indoor Climbing:</b> Students will be shown the re-threaded figure of eight knot and stopper knot to tie themselves into a harness with support. They will continue to develop their climbing skills from the previous year, advancing to more difficult climbs on the walls, supported by staff. They will be able to identify what grade they are climbing at</p>	<p><b>Indoor Climbing:</b> Students will continue with learning how to tie the re-threaded figure of eight knot and stopper knot to tie themselves into a harness with support. They will continue to develop their climbing skills from the previous year, advancing to more difficult climbs on the walls, supported by staff. They will be able to identify</p>	Students will be shown how to correctly use a potato peeler and knife when creating an object for Forest School/Bush Craft. Students will take part in preparing and cooking food on a fire with support and guidance of the group leader's.	<p><b>Water Sports:</b> Students will learn how to do a variety of different paddling strokes such as bow rudder, stern rudder, and draw strokes. Students will be asked to Raft up together and will take part in a variety of games to help support the use of different strokes and confidence on the water.</p>

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			<p>using the indoor climbing wall grading system.</p> <p><b>Archery:</b> Students will learn how to aim and how to draw the bow back correctly. They will use a variety of techniques to improve their aim and release of the arrow. Students will be confident in choosing the correct bow to fire.</p>	<p>what grade they are climbing at using the indoor climbing wall grading system.</p> <p><b>Fishing:</b> 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.</p>		<p><b>Mountain Biking:</b> 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 brake.</p>
	<p><b>Skills Learned</b></p>	<ul style="list-style-type: none"> <li>• Technical use of camouflage</li> <li>• Team work</li> <li>• Using our natural environment for concealment.</li> <li>• Using natural foliage correctly</li> <li>• Working with others</li> <li>• Awareness of our natural environment.</li> </ul>	<p><b>Climbing:</b></p> <ul style="list-style-type: none"> <li>• To put on a harness correctly with support</li> <li>• To tie a rethreaded through figure of eight and stopper knot with support.</li> <li>• To know what grade they are climbing at.</li> </ul> <p><b>Archery:</b></p> <ul style="list-style-type: none"> <li>• Aiming using a variety of techniques and knowing which techniques work best for them.</li> <li>• How to improve release of the arrow when firing.</li> </ul>	<p><b>Climbing:</b></p> <ul style="list-style-type: none"> <li>• To put on a harness correctly with support</li> <li>• To tie a rethreaded through figure of eight and stopper knot with support.</li> <li>• To know what grade they are climbing at.</li> </ul> <p><b>Fishing</b></p> <ul style="list-style-type: none"> <li>• To bait hooks effectively.</li> <li>• Introduction to the use of blood knots for tying on hooks with support.</li> <li>• Safety Awareness</li> </ul>	<ul style="list-style-type: none"> <li>• To safely use a potato peeler for crafts with support.</li> <li>• To safely use a knife for crafts with support.</li> <li>• To safely be around a fire pit, know how to approach a fire, and how to enter and exit a fire pit area.</li> <li>• To safely prepare food with support.</li> <li>• To safely cook food on a fire with support</li> <li>• To safely put out a fire</li> </ul>	<p><b>Water Sports</b></p> <ul style="list-style-type: none"> <li>• Learn how to do a variety of different paddling stokes such as bow rudder, stern rudder, and draw stokes.</li> <li>• Team work</li> <li>• Increased self-awareness and confidence</li> </ul> <p><b>Mountain Biking</b></p> <ul style="list-style-type: none"> <li>• Students will show they have worked on cycling skills including: pedal cadence, basic body piston/weight shifting for different angles and effective use of brakes</li> </ul>



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Year 9	Unit Title	Escape and Invasion	Indoor Climbing and Archery	Fishing and Indoor Climbing	Bush craft/Forest school activities	Mountain Biking and Water Sports
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a/b)
	No. Weeks	7 Weeks	8 Weeks	6 Weeks	6 Weeks	12 Weeks
	What We Will Learn	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. There will be more emphasis on team work and communication.	<p><b>Indoor Climbing:</b> Students will know how to participate in a suitable warm-up and will participate in bouldering as a warm up. They will know how to put their harness on correctly, and will show they can confidently tie a figure of eight knot and tie themselves in to the harness using a rethreaded through figure of eight and stopper knot.</p> <p><b>Archery:</b> Students will continue to practice and progress using the skills learnt previously as well as continue to practice and improve the accuracy of their shot. Students will learn about different types of Archery and where possible have a go at a different type of Archery.</p>	<p><b>Indoor Climbing:</b> Continuing from Autumn Term Students will know how to participate in a suitable warm-up and will take part in bouldering as a warm up. They will know how to put their harness on correctly, and will show they can confidently tie a figure of eight knot and tie themselves in to the harness using a rethreaded through figure of eight and stopper knot.</p> <p><b>Fishing:</b> Students will 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.</p>	In the designated woodland for use of Forest School /Bush craft activities. Students will continue to learn about the use of tools such as Bow saws, knives. Secateurs and hand drills. Students will be introduced into how safely create a fire and cook on the fire using a variety of different equipment such as a Dutch oven.	<p><b>Water Sports:</b> This term, students will continue to practice the paddling techniques they have been shown for Kayaking. Students will learn about a variety of different crafts and will learn about trim, currents, and wind direction.</p> <p><b>Mountain Biking:</b> Students will continue focus on taking responsibility for equipment, safety and awareness of other trail users and include some basic bike checks/maintenance. Looking at increasingly difficult terrains and obstacles using more advanced techniques to negotiate them.</p>
Year 9	What We Will Do	Students will visit a range of terrains within the local area to implement and further develop their skills of evading capture This term students will take part in various scenarios that will encourage teamwork and communication skills.	<p><b>Indoor Climbing:</b> Students will climb at the climbing wall showing they can safely warm up, put their harness on correctly and tie themselves in correctly. Students will be shown how to belay safely and the correct climbing calls to use.</p> <p><b>Archery:</b> Students will take part in Archery lessons that will support students to continue to improve their aim and how to draw the bow back correctly. They will continue to use a variety of techniques to improve their aim and release of the arrow. Students will be shown different types of Archery and if possible have a go at a different type of Archery.</p>	<p><b>Indoor Climbing:</b> Students will continue with learning how to tie the re-threaded figure of eight knot and stopper knot to tie themselves into a harness with support. They will continue to develop their climbing skills from the previous year, advancing to more difficult climbs on the walls, supported by staff.</p> <p><b>Fishing:</b> Trying out different baits and applying different fishing techniques Landing, unhooking and releasing fish they have caught. Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather – the beach.</p>	Students will be shown how to use a Bow saw and secateurs correctly to make a natural shelter. They will be given a choice of objects they can create using different tools. Students will work in small groups and create a fire, prepare and cook food on the fire as well as put out the fire safely.	<p><b>Water Sports:</b> Students will continue learn how to do a variety of different paddling stokes such as bow rudder, stern rudder, and draw stokes. Students will be asked to raft up together and will take part in a variety of games to help support the use of different strokes and confidence on the water. Students will learn about trim, currents and wind direction.</p> <p><b>Mountain Biking:</b> Students will continue to work on cycling skills including: pedal cadence, basic body piston/weight shifting for different angles and effective use of brake. Students will be taking to a variety of different locations where the level of difficulty and terrain can be increased depending on the ability of the students.</p>

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	<p><b>Skills Learned</b></p> <ul style="list-style-type: none"> <li>• Technical use of camouflage</li> <li>• Team work Skills</li> <li>• Communication Skills</li> <li>• Using our natural environment for concealment.</li> <li>• Using natural foliage correctly</li> <li>• Working with others</li> <li>• Awareness of our natural environment.</li> </ul>	<p><b>Climbing:</b></p> <ul style="list-style-type: none"> <li>• To put on a harness correctly</li> <li>• To tie a rethreaded through figure of eight and stopper knot with support.</li> <li>• To know what grade they are climbing at and climb at a higher grade.</li> <li>• To belay using a Gri Gri</li> <li>• To use climbing calls when climbing and belaying.</li> </ul> <p><b>Archery:</b></p> <ul style="list-style-type: none"> <li>• Aiming using a variety of techniques and knowing which techniques work best for them.</li> <li>• To improve release of the arrow when firing.</li> <li>• Different types of Archery</li> </ul>	<p><b>Climbing:</b></p> <ul style="list-style-type: none"> <li>• To put on a harness correctly with support</li> <li>• To tie a rethreaded through figure of eight and stopper knot with support.</li> <li>• To know what grade they are climbing at.</li> </ul> <p><b>Fishing</b></p> <ul style="list-style-type: none"> <li>• Try different baits</li> <li>• Applying different Fishing techniques</li> <li>• Landing, hooking and releasing fish they have caught</li> </ul>	<ul style="list-style-type: none"> <li>• To safely use a variety of tools safely with support.</li> <li>• To safely make a fire.</li> <li>• To safely prepare food with support.</li> <li>• To safely cook food on a fire with support</li> <li>• To safely put out a fire with support.</li> </ul>	<p><b>Water Sports</b></p> <ul style="list-style-type: none"> <li>• Improve different paddling different stokes such as bow rudder, stern rudder, and draw stokes.</li> <li>• Team work</li> <li>• Increased self-awareness and confidence</li> <li>• Different Crafts</li> <li>• Trim, wind direction and currents</li> </ul> <p><b>Mountain Biking</b></p> <ul style="list-style-type: none"> <li>• Students will show improvement on cycling skills including: pedal cadence, basic body piston/weight shifting for different angles and effective use of brakes</li> <li>• Students can show they can negotiate obstacles in varying terrain.</li> </ul>
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