

## Long Term Overview

### Ready to Learn Outdoor Ed

Cycle A	Unit Title	Introduction to Escape & Evasion	Introduction to Fishing	Introduction to Climbing	Introduction to Cycling	Introduction to Kayaking	Recap of Skills (Walking/Cycling/ Kayaking)
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 Weeks
	What We Will Learn	In this unit, 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.	The students will be introduced to indoor climbing, learning basic warm-up and climbing skills. They will begin to understand how the difficulty of the routes are marked out.	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.	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.	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.
Cycle A	What We Will Do	Students will visit a range of terrain/environments within the local area to gain an understanding of how to blend into the environment using a variety of techniques and strategies.	Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather –the beach.	Take part in indoor climbing sessions at chosen climbing wall venues including; Simonside, Sunderland and Byker	Students will work on basic cycling skills, improve fitness levels and experience different trails/terrain.	The group will paddle at a couple of different venues on the river Wansbeck. During this unit, 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 experience some walks a variety of activities to maintain the skill sets linked to the different activities. Locations will vary according to weather and activity
	Skills Learned	Using why we use camouflage to conceal Understanding the effect of noise and movement	Basic rod setup Casting Reeling Basic bite detection	How to complete a basic warm up Basic knowledge of harness fitment How to use basic climbing holds	Bike pre-ride assessment Correct use of brakes –ratio of front to rear pressure	Basic water/kayak safety and awareness Safe lifting of the kayaks to and from the water Basic paddling skills and boat control	Team work Skill set recall All relevant activity specific skill sets will be reinforced.

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Cycle B	Unit Title	Escape and Evasion	Fishing	Climbing	Cycling	Kayaking	Recap of Skills (Walking/Cycling/ Kayaking)
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 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.	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.	The students will attend the indoor climbing at the Sunderland Climbing Centre. They will learn how to do complete a suitable warm up independently, begin to feel confident in how to fit and check that their harness is fitted correctly. Students will learn how to clip in and be confident in the auto-belay system safely.	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.	The students will be introduced to setting up the kayak for effective paddling including back rests and foot pedals, broaden knowledge of basic paddling and improved awareness of safety.	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.
	What We Will Do	In this unit, students will use the surrounding environment to their advantage. Technical use of face-paint, clothing, surrounding and suitable foliage for improved concealment.	Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather –the beach.	Take part in indoor climbing sessions at chosen climbing wall venues including; Simonside, Sunderland and Byker. The students will be shown the re-threaded figure of eight knot to tie themselves in 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.	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	Students will be shown new paddle skills such as: reverse paddling, stopping the boat quickly, basic draw strokes, sweep strokes etc. They 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 capsized and return themselves to the water.	Students will experience some walks a variety of activities to maintain the skill sets linked to the different activities. Locations will vary according to weather and activity
	Skills Learned	Using camouflage effectively Understanding the effect of noise and movement. Understanding how outlines need to be distorted.	Independent basic rod setup Accurate Casting Reeling at varying speeds to suit conditions Bite detection Basic understanding of landing a fish	How to warm up effectively Basic knowledge of harness fitment How to use basic climbing holds Understand how to check climbing knots/karabiner	How to complete pre-ride bike checks How to fit a helmet correctly and independently	Increased water/kayak safety and awareness Intermediate paddling skills and boat control Confident kayak manoeuvring	Team work Skill set recall All relevant activity specific skill sets will be reinforced.

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Cycle C	Unit Title	Escape and Evasion	Fishing	Climbing	Cycling	Kayaking	Recap of Skills (Walking/Cycling /Kayaking)
	Term	Autumn (a)	Autumn (b)	Spring (a)	Spring (b)	Summer (a)	Summer (b)
	No. Weeks	7 Weeks	8 Weeks	5 Weeks	6 Weeks	6 Weeks	7 Weeks
	What We Will Learn	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.	Focus setting up the rod 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 be shown how to remove hooks independently using forceps (where required). They will bait hooks independently and be encouraged to use blood knots for tying on hooks etc. with independence.	The students will attend the indoor climbing at the Sunderland. They will learn how to do independently suitable and different warm ups, 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.	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.	In addition to the fundamentals taught throughout Y7 and Y8 the students will be independently setting up the kayak for effective paddling including back rests and foot pedals, broaden knowledge and awareness safety.	Depending on weather the students are taken on mixed sessions of cycling and kayaking to reinforce the learning from previous terms.
Cycle C	What We Will Do	Reinforcing and demonstrating learning from previous years, students will practice using the surrounding environment to their advantage. They will use face-paint, clothing, surrounding and suitable foliage for improved concealment, demonstrating their ability to evade capture.	Students will fish in a variety of locations in saltwater environments including piers, rivers and depending on weather –the beach.	Take part in indoor climbing sessions at chosen climbing wall venues including: Simonside, Sunderland and Byker. Revisiting re-threaded figure of eight knot to tie themselves in with minimum support. They will continue to develop their climbing skills from the previous year, advancing to more difficult climbs on the walls, supported by staff.	Across the unit, students will be using the ABC Quick checks and fully understand the relevance/safety application of the pre-ride check. They will work on improving their cycling skills including: pedal cadence, basic body piston/weight shifting for different angles, cornering (berms, flat corners), and effective use of gears, technical descending.	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.	Students will experience some walks a variety of activities to maintain the skill sets linked to the different activities. Locations will vary according to weather and activity
	Skills Learned	Using camouflage effectively Understanding the effect of noise and movement. Understanding how outlines need to be distorted. Use of surrounding undergrowth to match colours and texture with the human body to blend in	Independent basic rod setup Accurate and precise Casting Reeling at varying speeds to suit conditions Bite detection both holding and with a rested rod Fish handling; catching and releasing Independent hook baiting	How to warm up Confident harness fitment How to use basic climbing holds Be able to tie a re-threaded figure of 8 Be confident in checking the Karabiner is securely fastened. Belay technique	How to complete pre-ride bike checks How to fit a helmet correctly and independently Confident use of manual front wheel lift and other weight shifting techniques	Confident boat handling and manoeuvring Use of draw and sculling paddle movements Independent launching and egressing Assisting others to ingress and egress where required	Team work Skill set recall All relevant activity specific skill sets will be reinforced



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