

Session Outline

KS2: Team Challenges & Survival Skills

This outline is a general guide for what to expect during your session with us. Activities and session structure may vary depending on weather conditions and other circumstances.

Learning Objectives	Session outline	Evaluation of Learners progress
<ul style="list-style-type: none"> Teamwork: working constructively as a team is vital for the workplace Self-confidence: demonstrating confidence in their own abilities and trust and support for others Be able to demonstrate resilience through exposure to challenging activities Understanding better the world around us, including traditional techniques. Understanding the impact humans have on their world, including the work of The Parks Trust Identify and describe the basic needs of survival Take part in outdoor and adventurous activity challenges 	<p>Introduction The class will have a brief welcome and introduction to the activities.</p> <p>Activities: <i>A combination of activities should be discussed at the time of booking. Two activities can be planned for a half-day session.</i></p> <p>Shelters – Create a shelter that is effective against the elements using tarps and ropes.</p> <p>Water sourcing and/or filtration – Learn how to source water naturally and what you can do to make it safe.</p> <p>Natural Navigation – understand the clues that the natural world gives us, in order to find you way in the wild. This will also include the use of compasses and maps.</p> <p>Plant identification and foraging – Understand the uses of the plants in our parks, many of which are safe to eat!</p> <p>Tracking – Explore different tracks and signs of wildlife *woodlands only*</p> <p><i>Your session will also include a team challenge activity pre-assigned by your Outdoor Learning Leader on booking.</i></p>	<p>To include: Discussion with children before, during and after the visit.</p> <p>Showing tutor that you can do the activity/skill learnt.</p> <p>Teaching someone else the skills learnt.</p>
Pre-Visit activities	Post Visit activities	
<ul style="list-style-type: none"> Explore traditional techniques of survival in history. Examples would include: making charcoal, traditional medicines and making hand tools Watch some you-tube videos of Ray Mears' bushcraft and survival activities 	<ul style="list-style-type: none"> Teach someone else some of the skills and techniques that you learned from your session. 	