

Grafham Water Centre

Outreach

12 WEEK OUTREACH PROGRAMME

A sample 12 week Outreach programme suitable for 8 –14 year olds. Facilitated within school, Outreach incorporates a wide variety of team sessions designed around your specific group outcomes.

LEARNING OUTCOMES

- Sessions can be used to support the curriculum in PE, maths and geography.
- All children fully engaged and taking part in Outdoor Adventurous Learning activities.
- Young people are engaged in learning and work together to achieve common aims.
- Teachers can get advice and training to enable them to run future sessions independently.

EXAMPLE SESSION OUTLINE

Week 1

Ice Breakers and Trust Exercises - A familiarisation session to break down social barriers and begin to develop trust.

Week 2

Soft Archery Session - Introduction to archery using arrows with suckers, which will focus on technique, achievable goals and confidence.

Week 3

Introduction to Orienteering - A fun and informative map work session.

Week 4

Communication Tasks - Challenges young people to experiment with ideas and develop communication skills within a constructive facilitated environment.

Week 5

Orienteering Challenges - Building on their knowledge of orienteering, including how to orientate maps and understanding symbols.

Week 6

Shelter Building - A fun, adventurous session where young people can gain knowledge of survival skills.

HALF TERM

Week 7

Team Building - Taking part in challenges that are planned, undertaken and then fully reviewed to ensure the learning outcomes are emphasised.

Week 8

Real Archery Session - A more advanced archery session using real arrows and straw targets, which will focus on technique, achieving personal goals and taking part in a competition.

Week 9

Blindfolded Trails and Games - A communication exercise where young people must be descriptive about their surroundings, work together and have consideration for their partners/group.

Week 10

Fire Lighting and Foraging - An informative session focussing on protecting the environment and using natural materials to create fires safely.

Week 11

Orienteering Exercises - Developing young peoples map reading skills using 4 and 6 figure grid references. Compasses are introduced and incorporated into their map reading skills.

Week 12

Orienteering Competition - An opportunity to use all skills learnt so far to exercise the brain as well as the legs!

For more information about our Outreach programmes, please contact Emma Casey, Lead Instructor - Outreach

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