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| *What will they be learning, why and in what order?* | | | | | |
|  | **Term 1** | **Term 2** | | | **Term 3** |
| **Bridge/ Foundation knowledge required** | No prior knowledge is required. Ability to swim is beneficial but not essential due to use of PFD’s. | No prior knowledge is required. | | | No prior knowledge is required. The ability to ride a bike on flat terrain is advantageous but not essential. |
| **Key Learning Experience / Skills** | Students will learn foundational skills in kayaking, stand-up paddleboarding (SUP), and rafting, focusing on teamwork, balance, coordination, and water safety. These activities promote physical fitness and self-regulation under pressure.  Walking and navigation will develop independence, problem-solving, and resilience. Students will learn to read maps, use compasses, assess weather conditions, and manage risks. The term includes broader life skills such as personal admin, route planning, equipment choice and communication. | Students will engage in progressive climbing challenges using indoor route grading. Focus is on overcoming fear, building strength, resilience, and trust. Includes safety systems, knot-tying, harness fitting, and belaying. | | | Students will explore trail riding, basic bike maintenance, and safe road use. Mountain biking enhances mental health and self-worth through challenge and progress. Activities include technical handling, gear use, trail planning, and terrain reading. Maintenance experience will introduce tire / tube changing and general upkeep, encouraging independence and accessibility to future employment or education. |
| **Assessment** | Assessed by watersports instructors and walking/navigation staff through ongoing skill checks and practical demonstration. | Assessed by qualified climbing instructors through demonstration and formal knowledge checks. | | | Assessed continuously by a Level 2 mountain bike instructor. |
| **CIAG Links** | Careers in outdoor education, watersports instruction, environmental conservation, travel and tourism, armed forces. Skills in navigation and risk management have broad vocational application. | Outdoor adventure industry, rope access, rescue services. | | | Links to careers in forestry, land management, bike mechanics, coaching, and environmental agencies. |
| **British Values** | Lawful use of waterways and public footpaths, inclusion and accessibility, respect and cooperation in group activities. | Risk assessment laws, equality in participation. | | | Inclusion, rights of way, respecting other users (hikers, horse riders), personal responsibility. |
| **Cross Curricular Link Numeracy** | Grid referencing, co-ordinates, triangulation, degrees, distance measurements, scale conversion, load-bearing calculations, angles, rope lengths, height estimation. | | **Cross Curricular Link- Literacy** | Understanding written instructions, interpreting safety signage, navigation manuals, following safety procedures, interpreting technical climbing terms | |
| |  | | --- | | ***The Hub Vision – A School that provides all students with exciting opportunities that build confidence, develop social skills and promote academic achievement*** | | | | | | |