

Guide to Outdoor Education



Helping our pupils gain a rounded education

Acknowledgements



James Ellis (Director of SEND for C.I.T) has helped guide, support and encourage Outdoor Education on its journey to where it is today.

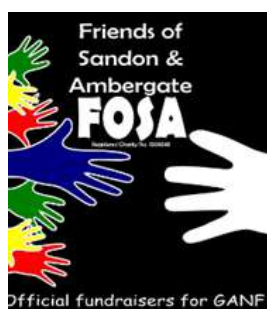


Stela Plamenova (Headteacher at Sandon School) has helped guide Outdoor Education towards the provision of inclusive activities for our PMLD pupils.



Jacki Bartram (Communications & Fundraising Manager) has been a key part of raising the funds for all our great Outdoor Education projects.

Also a big thank you for raising the £20,000 to fund our C.I.T. Forest School project.



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An Introduction to Outdoor Education

We at Grantham Additional Needs Fellowship (GANF) want to provide our pupils with the very best care and support. By providing outdoor learning and other extra curricular activities to our pupils, we can help them achieve their true potential. Our mission statement is for every second to be Valuable, Inspiring and Personalised.



'Outdoor Education provides new challenges and experiences to help carve positive pathways, helping all types of learners achieve their full potential.'

(Joe Bogumsky, Outdoor Education Coordinator, 2017)

Activities for All

Various outdoor activities/experiences are put in place to help develop the pupil's all round skills. These skills can either be taken back into the classroom or help them on their journey through life.

Trips

From going on educational ventures to residential experiences, we want our pupils to have developed unique and life long memories.

Additional Extras

At GANF, we provide a challenging and fun learning environment. This is done through not only Activities for All and Trips but also we have other hidden gems, which we believe help complete our challenging yet fun learning environment.

Activities for All

Learning through the natural environment, the group will have to undertake a full range of activities that could take them into the wonders and magic that is found within a forest or even the sensory world of water. Pupils will acquire a multitude of different skills, and have the opportunity to absorb all these skills within many different environments. Individuals will also learn about working at different levels within; a team, their own abilities, and managing their individual risk within the natural environment.



Each activity within the 'Activities for All' section has;

- A mission statement explaining why we provide the activity
- An outline of the potential benefits that the activity can provide to the pupil
- How the particular activity fits into the curriculum
- An outline of what can be expected within the activity session (please note that every activity can change and be moulded to the needs and abilities of the pupils)



Archery

Benefits of Archery

Learning through the nature, the group will learn the art of bare bow shooting. The objective of archery is to develop the understanding of the sport of archery through education. Archery encourages the safe use of all equipment, the practice of proper archery techniques, etiquette and sportsmanship. These will be developed through their own abilities and will include managing their individual risk within the natural environment.



The learner, while taking part in this activity, would have developed a number of different types of skills.

These are:

- Cognitive skills
- Self Esteem (Promoting Confidence, Psychological Well-Being & Self-Discovery)
- Problem solving (Coping Strategies)
- Relaxation
- Social interaction (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



PSHE
English
Design & Technology
Physical Education

Key Skills



Improving own learning
Working with others

What to expect in these sessions

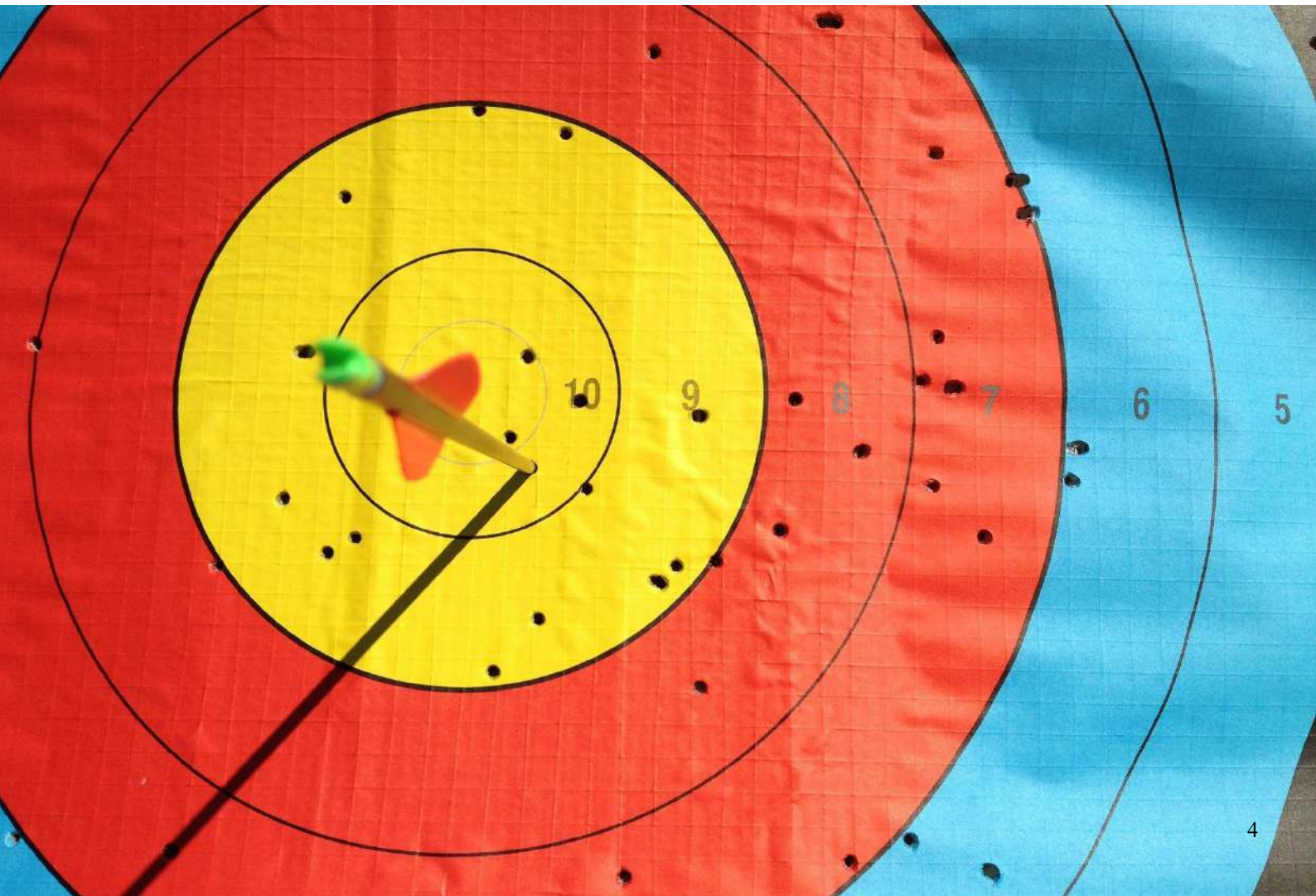
Archery

Each session could be either a one off or progressive depending on the groups. They will go through parts of the bow and arrow. Seeing a demonstration of how to shoot an arrow then looking into a number of areas such as;

- The body positioning
- How to pick up an arrow correctly and safely
- Loading the arrow
- Correct shooting technique

Then begin a series of practice rounds, providing 1 to 1 coaching or even peer to peer coaching then introduce a game, examples below;

- Balloons - Stick balloons onto the targets for the pupils to shoot at
- Numbers - Teams are given a certain number to try and achieve as quick as possible
- Round the Clock - Teams are to try and get from 1-20 as quick as possible



Canoeing & Kayaking

Benefits of Canoeing & Kayaking

Learning through the natural environment, the group will have to undertake the art of paddling on water either by self-built or readymade vessels. Pupils will learn to identify different types of strokes, knots & lashings, which will aid them in creating their vessel and steering it. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural environment.

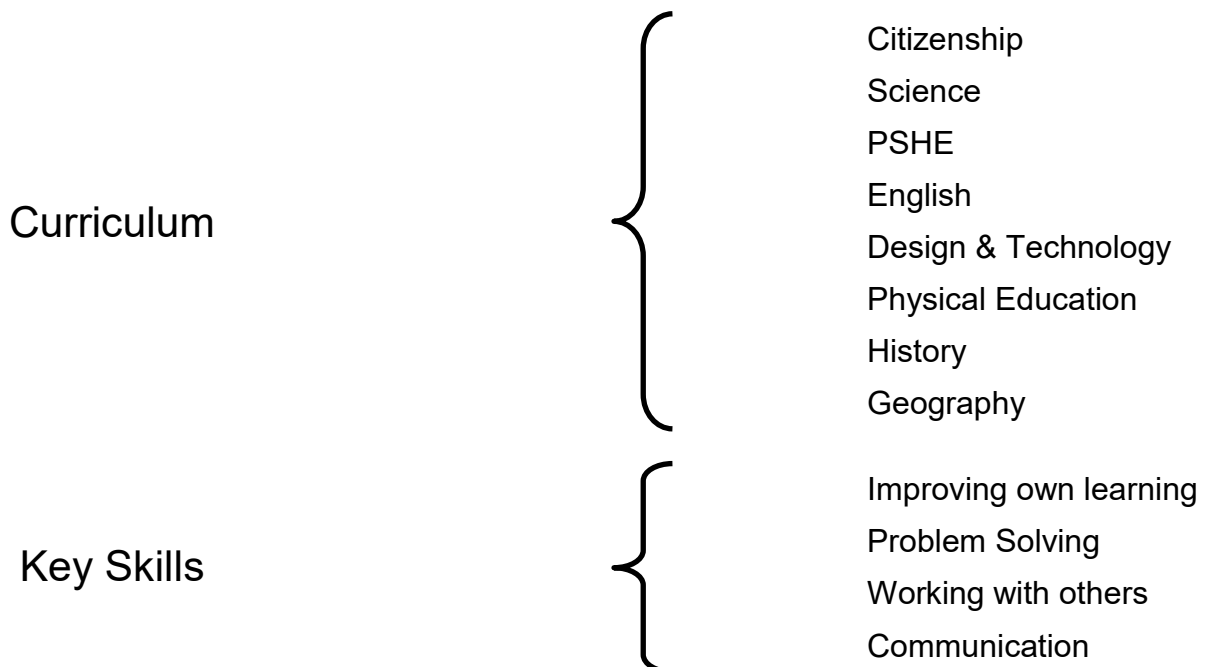


The learner, whilst taking part in these activities, would have developed a number of different types of skills.

These are:

- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability (Balance / Coordination)
- Self Esteem
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?



What to expect in these sessions

Canoeing & Kayaking

Both these activities are fundamentally similar by looking first at understanding both vessels, then moving on to how to manoeuvre them. Depending on their confidence or ability, it may be that the vessels get tied together to make a 'rafted canoe'.

We range from providing awards to catering for pupils that require a more sensory experience. We tend to mix the sensory experience with activities that help gain the pupils confidence to eventually either just feel comfortable in a vessel or look at awards.



Climbing, Abseiling, & Bouldering

Benefits of Climbing, Abseiling, & Bouldering

Learning through the natural & man-made environment, the group will have to undertake a number of challenges, which are; ascending a wall/rock face, stepping over and descending a wall/rock face & manoeuvring around a smaller wall. Pupils will learn to identify different areas of climbing from rope work, movement, fear and trust. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural or man-made environment.



The learner, whilst taking part in these activities, would have developed a number of different types of skills.

These are:

- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Problem Solving
- Physical Ability (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Citizenship
Science
PSHE
English
Design & Technology
Physical Education
History
Geography

Key Skills



Improving own learning
Problem Solving
Working with others
Communication

What to expect in these sessions

Bouldering

Groups start by looking solely at 'movement'. This is where the pupil tries to get from one part of the wall to another. They either do this by staying on the wall and use a number of different 'holds' or if they can not do this they then place their feet as close to the wall as they can and repeat the exercise. They also go through a number of challenges that help focus their mind in order to get to a specific 'hold'.



Climbing & Abseiling

Groups start to understand the whole concept of the climbing world, from knot work to putting on a harness, how to belay and even get into the correct positions on the rock. This allows them to progress and use the skills that they have learnt to their full potential on trips to national parks.



Cycling

Benefits of Cycling

Learning through the natural & man-made environment, the group will have to master the art of cycling. Pupils will learn to identify different parts of a bicycle, how to maintain and put it together & properly ride it. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural & man-made environment.



The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Problem Solving
- Physical Ability (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum

Art & Design
Mathematics
Citizenship
Science
PSHE
English
Design & Technology
Physical Education
History
Geography

Key Skills

Improving own learning
Problem Solving
Working with others
Communication
Numeracy

What to expect in these sessions

Cycling

We begin by;

- Getting the group to understand how to look after themselves and their bikes before setting out on a ride
- Look at and practice how to watch out for hazards on and off the path
- Be aware of your surroundings in order to control the bike
- Pass pedestrians on the path



The session will then look at preparing for a journey, passing queuing traffic, understand cars blind spots and continue to look out of hazards. They may venture on a number of trips to national parks to use the skills they have learnt to their full potential.



Forest School

Benefits of Forest School

Learning through the natural environment, the group will have to undertake the art of exploring the wonders and magic that is within the forest. Pupils will acquire a multitude of different skills and have the opportunity to absorb all these skills within the woodland. Individuals will also learn about working at different levels within; a team, their own abilities & managing their individual risk within the environment.



The learner, whilst taking part in these experiences, would have developed a number of different types of skills.

These are:

- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum

Art & Design
Mathematics
Citizenship
Science
PSHE
English
Design & Technology
Physical Education
Food Technology
Geography
Music
Religious Education

Key Skills

Improving own learning
Problem Solving
Working with others
Communication
Numeracy

What to expect in these sessions

Forest School

These sessions can be fixed, fluid, themed, one-off, or even progressive. The sessions are the tools with which to help the pupil grow. A session could involve cooking over a fire. It could be where the whole group work together to create a home for bugs or even hedgehogs.

These activities are known as;

- Smelly Cocktails
- You've Been Framed
- Chocolate Bananas
- Wild Sculptures
- Elf House
- New World
- Wild Mask
- Hotter, Colder
- Find your Tree
- Nettle Soup
- Bug Houses
- Stop & Listen
- Leaf Prints
- Trust Walk
- Wild Storyboards
- Bannock Bread
- Mud Pit
- And many more



Lambing

Benefits of Lambing

Learning through the farming environment, the group gain an understanding of the lifecycle of a lamb. Pupils will learn different types of skills relating to the safe navigation around a farm, how to hold a lamb correctly, and seeing lambs being born. Individuals will also be able to see how the ewes (female sheep) interact with their lambs and why some lambs are removed from their mums.



The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Environmental / Risk Awareness
- Empathy
- Motor Skills (Fine & Gross)
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Geography
Design & Technology
Citizenship
Science
PSHE

Key Skills



Improving own learning
Working with others
Communication

What to expect in these sessions

Lambing

A great opportunity for our pupils to come face to face with a sheep, a lamb, a shepherd and a real life working farm. Knowing how to act in and around the working farm is a skill that not that many people have the opportunity to experience.

In the ewe hut pupils will learn the sheep's cycle of life. They will get to know what the difference between a ram and a ewe, how a lamb is born, what the roles and responsibilities are, and how to act when in and around a sheep pen.

In the lamb nursery pupils will learn, why the lambs have been removed from their mums. What certain types of apparatus are in the nursery, how to safely hold a lamb, and also how to act in and around the lamb nursery.



Orienteering

Benefits of Orienteering

Learning through the nature, the group will have to undertake the art of navigation. Pupils will learn different types of skills relating to navigation, which will aid them in reading maps and getting their group from one point to another. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural environment.



The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Cognitive Skills
- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum

Geography
Mathematics
Citizenship
Science
PSHE
English
Design & Technology
Physical Education

Key Skills

Improving own learning
Problem Solving
Working with others
Communication
Numeracy

What to expect in these sessions

Orienteering

A great activity to help pupils understand the lay of the land. There are many ways the pupils can be involved within this activity.

Picture routes are used to help pupils visually understand where they need to be next. This level of orienteering can be progressed to more difficult prompts, so that they have to be more observant to what is around them.

Descriptive routes are used to help challenge pupils by taking information from cards and using it to help get from A to B.

They may also progress to using maps, which are either illustrated or true maps. Venturing on a number of trips to national parks will allow pupils to use the skills they have learnt to their full potential.



Tree Climbing / Scrambling

Benefits of Tree Climbing / Scrambling

Learning through the natural environment, the group will either scramble around and through trees that are low to the ground (tree scrambling) or undertake the challenge of climbing to the top of a fully developed tree (tree climbing). These are; ascending to as high as they can go, manoeuvring around and through the branches and descending from the tree. Pupils will learn to identify different areas of tree climbing from rope work, movement, fear and trust. Individuals will also learn about working at different levels within; a team, their own abilities & managing their individual risk within the environment.



The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Geography
Science
PSHE
English
Design & Technology
Physical Education

Key Skills



Improving own learning
Problem Solving
Working with others
Communication

What to expect in these sessions

Tree Climbing / Scrambling

We live in a bubble wrapped society, and our own risk awareness has been decreasing for years. We at GANF have tried to bridge the gap from complete freedom to complete control by introducing tree climbing and tree scrambling.

Tree climbing is set up the same as climbing and with this the pupil can climb to the top of the tree with a perception of risk. Tree scrambling is the natural way of climbing in and around the lower limbs of a small tree. These activities are always adapted to the pupils individual needs, therefore reducing risk and increasing their experience.



Outdoor Play - Let our children take a risk

‘A lesson about the world is, if you fell out of a tree and it hurt, it will teach you either, what not to do next time or that tree climbing was not for you. It gives you a healthy respect for the physical world around you, what risks you could reasonably take and what to do differently next time.’

Judith Hackitt CEO for HSE



Walking & Expedition Training

Benefits of Walking & Expedition Training

Learning through the nature, the group will get to explore different areas by foot and use skills learnt to survive nights out on the hill. The activities will range from reading maps, putting up tents and cooking outside. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural environment.

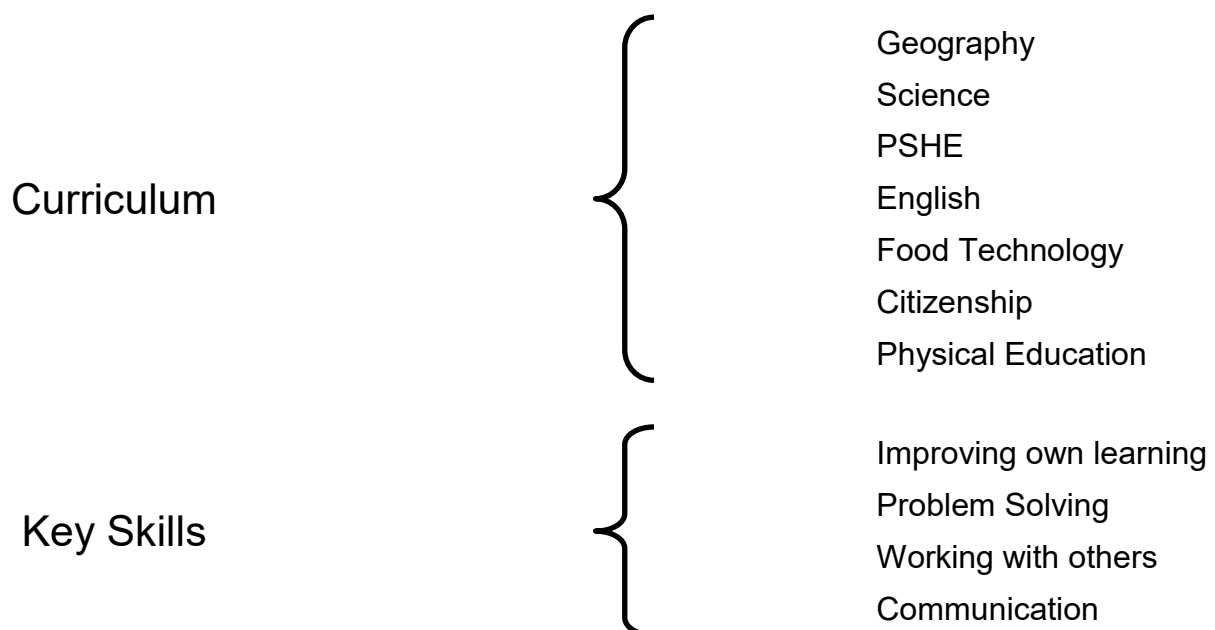


The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?



What to expect in these sessions

Walking & Expedition Training

Learning how to put up a tent and knowing how to safely cook a meal on a Trangia are just two of activities that encompass this training. Extra skills which are not camp craft but are equally as important that we cover are as follows;

- First Aid
- Navigation
- Route Planning
- Health and Fitness
- Equipment Organisation
- Emergency Procedures

It also gives the pupils an idea of what skills they will need in order to complete an expedition such as those within the Duke of Edinburgh's Award expedition. They may venture on a number of trips to national parks to use the skills they have learnt to their full potential.



Warm ups, Ice Breakers, Trust Games (W.I.T.) & Team Challenges

Benefits of W.I.T. & Team Challenges

Learning through the natural environment, the group will have to undertake many different types of challenges, designed to test either the individual or team. Pupils will learn to identify how to overcome these tasks by developing different skills like; leadership, creativity & problem solving. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural environment.



The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Cognitive Skills
- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Science
PSHE
English
Mathematics
Design & Technology
Physical Education

Key Skills



Improving own learning
Problem Solving
Working with others
Communication
Numeracy

What to expect in these sessions

W.I.T. & Team Challenges

These sessions are designed to encourage pupils to help each other and work together by solving different challenges.

There are loads of warm-ups, ice breakers, trust games and team challenges, known as;

- Human Cranes
- Trust Falls
- The Swamp
- Conflict
- Bomb Disposal
- Structures
- Night Line
- Stuck in the Mud
- Stompers
- Trust Walk
- Cat and Mouse
- The Oceans
- Wind in the Willows
- Levitation
- Mine Field
- And many more



Woodland Activities

Benefits of Woodland Activities

Learning through nature, the group will have to undertake different tasks that could either challenge or enlighten the individual or team. Pupils will acquire a multitude of different skills and have the opportunity to absorb all these skills within the woodland. Individuals will also learn about working at different levels within; a team, their own abilities and managing their individual risk within the natural environment.

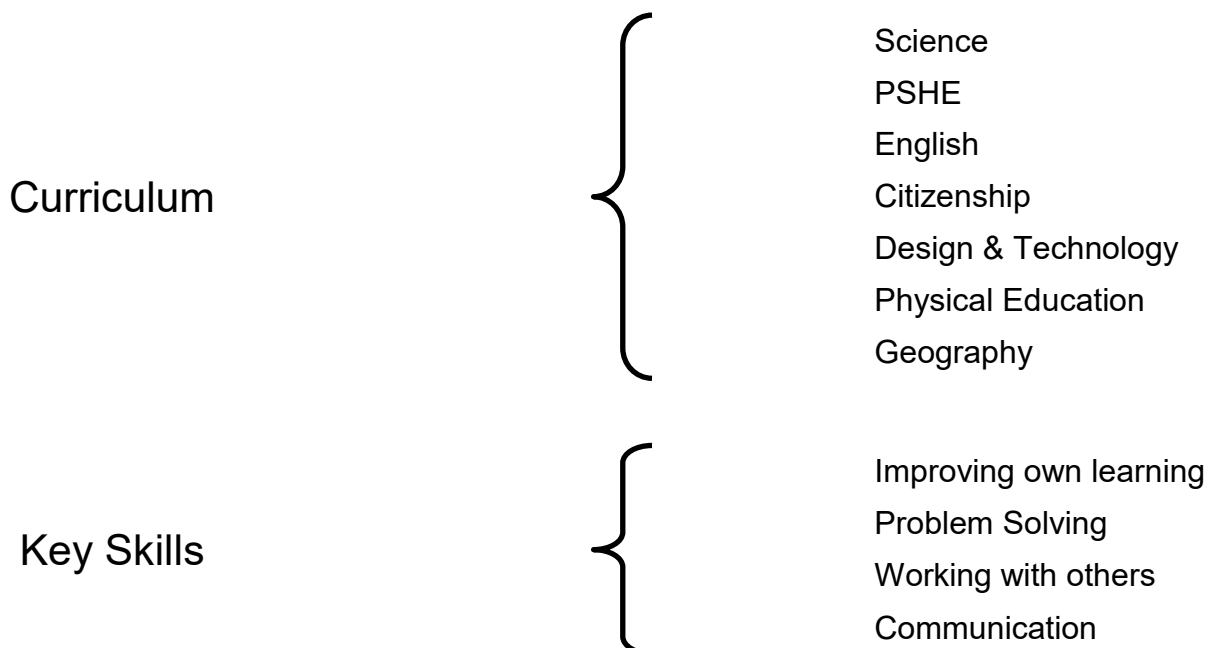


The learner, whilst taking part in this activity, would have developed a number of different types of skills.

These are:

- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?



What to expect in these sessions

Woodland Activities

A number of great sessions, which we run in the woodland are;

Slacklining is where you have to either walk, kneel or sit on a raised strip of webbing. This focuses on trust and balance.

Natural Swing helps our pupils to become more comfortable when getting into a harness and also gives them the feeling of freedom. This focuses on trust but also on communication.

Den Building (Shelter Building) is a classic for getting pupils to work together but also to be creative in designing a unique den.

Other sessions within the woodland activities include; Creech'n'Seek, Wild Tracking, Natural Detectives, Hedgehog Hunt, Sardines and many more.





With the right surroundings and the correct amount of encouragement, opportunities for growth are achievable.



Trips

Groups will have the opportunity to participate in residential trips. Here they will use and develop further those skills that they have begun to develop through the participation of the activities included in the 'Activities for All'. For some of our pupils it is the first time that they have been away from home and as such greatly develops their independence.



Each type of trip within the Trip section has;

- A mission statement explaining why we provide the trip
- An outline of the potential benefits that the trip can provide to the pupil
- How the particular trip fits into the curriculum
- An outline of what can be expected whilst on the trip



German Exchange

Benefits of the German Exchange

For some pupils it is the first time that they have experienced flying and the hustle and bustle of a busy airport. They experience the German language first hand when joining in lessons at the German school and through mixing with the other pupils it enables them to develop further their social and communicational skills.



The learner, whilst taking part on this trip, would have developed a number of different types of skills.

These are:

- Cognitive Skills
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Life & Living Skills
German
PSHE
English
Citizenship
Design & Technology
Geography
Food Technology

Key Skills



Improving own learning
Problem Solving
Working with others
Communication

What to expect on this trip

German Exchange

Each year a group of pupils from both Ambergate and Sandon visit KBZO School, an additional needs school in Weingarten, Germany.

They fly out to Germany, which for some is a whole new experience having not flown before.

Whilst visiting KBZO, they join in lessons to gain an understanding of what it is really like to be in a school in another country. Along with their German hosts they visit local areas such as Lake Constance as well as experiencing the different cultures.



Having the opportunity to spend time in the school enables them to make friends, which in turn aids the development of their social and communicational skills, building on self-esteem and promoting their confidence. It is also an opportunity to develop life and living skills and thus become more independent.



Beaumanor Hall

Benefits of Beaumanor Hall

Learning in the grounds of this magnificent establishment the pupils take part in team building activities that will both challenge and enlighten them. The trip is a one night residential and as such encourages more to have a go, especially those that have not been away before. They will acquire a multitude of different skills including life and living skills for example making their breakfast and clearing away after their meals, helping to increase their independent skills, building confidence and self esteem.



The learner, whilst taking part on this trip, would have developed a number of different types of skills.

These are:

- Cognitive Skills
- Creativity
- Environmental / Risk Awareness
- Motor Skills (Fine & Gross)
- Leadership
- Problem Solving
- Physical Ability – (Balance / Coordination)
- Self Esteem (Promoting Confidence)
- Social Interaction – (Trust / Communication)

What will this cover within the Curriculum & Key Skills?

Curriculum



Science
PSHE
English
Food Technology
Design & Technology
Physical Education
Geography

Key Skills



Improving own learning
Problem Solving
Working with others
Communication

What to expect on this trip

Beaumanor Hall

Based in Leicestershire, our group stay in one of the cabins within the grounds of Beaumanor Hall for one night. The first day usually starts with Orienteering/Treasure Hunt to familiarise the group on where everything is.

After lunch they will then team up and either do Buggy Building or Bridge Building depending on ability and needs.

After eating in the hall for dinner, we make our way to either a campfire/cellars/or a murder mystery.

On the second day the group take part in survival activities within the woods. These are great team building sessions that last until lunchtime. Once the group have eaten and played on the adventure play ground, we then head back to GANF for taxis home.



Additional Extras

Although learning through the natural environment encompasses a large proportion of our outdoor education programme there are other activities that pupils take part in which enable them to develop.



Each activity within the Additional Extras section has;

- An explanation of what it is
- An outline of what can be expected whilst experiencing it



Pantomime

Benefits of the Pantomime

Through dramatic arts, pupils learn the art of expression and have the opportunity to experience a live theatre. By experiencing the new sounds and lighting of the theatre production it helps pupils build on their skills with regards to expressing themselves and gaining self esteem which promotes confidence. They will also experience many different emotions whilst watching a show, and identify with many of the characters. This will help with social occasions when identifying with other peoples' personalities.



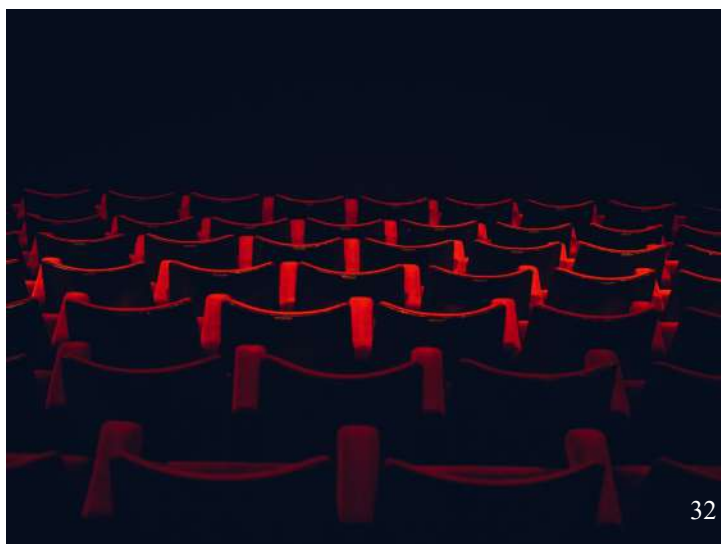
What to expect on this hidden gem

Each class will either walk down to the Guildhall or be transported down, depending on weather and ability. Once at the Guildhall, classes will be shown to their seats and extra staffing will be given to groups that require extra support. Due to the needs of our pupils there will be two performances. First performance has not been altered but the second has been shortened due to how long our pupils can concentrate and focus for.

During the performances there are staff immediately outside of the room where the show is being held, if pupils struggle with all the new sounds and lighting.

Once the performance is over the groups will slowly start to filter out of the Guildhall and either be transported or walk back to their school.

We also invite different production companies to come into school such as The Rhubarb Theatre Company. Pupils will watch a show and then take part in their workshops, where they are encouraged to use their imaginations and again work on developing their skills in expression.



Lincolnshire Show

Benefits of the Lincolnshire Show

Each year pupils from Ambergate and Sandon take part in the Schools' Challenge, which is run by the Lincolnshire Agricultural Society and judged during the two days of the show. By taking part in the challenge and visiting the show helps pupils to understand farming and the rural food industry. It also gives them the opportunity to visit the whole show and experience sites and sounds of the countryside. This also helps them to gain a greater understanding of where our food comes from and the different activities associated with rural life.



What to expect on this hidden gem

The Schools' Challenge competition has five entry categories and ten challenges to choose from, all linked to the curriculum and designed to develop young people's understanding of food, farming and sustainability.

Schools select and research a topic, then set up a display about the project in the showground's main exhibition hall to showcase their learning and understanding to the public.

The pupils also have the opportunity to explore the show with all its different sights and sounds of the country.



Life Skills

Benefits of Life Skills

During different outdoor education activities or residential trips our pupils have the opportunity to develop their life and living skills. Pupils will acquire a multitude of different skills and put these into practice within a number of different environments. They will learn how to manage certain individual risks when performing particular life skills.



What to expect of this hidden gem

It is important for our pupils to continue to practice those skills, which will enable them to become more independent and these include the following:

- Making their own meal
- Create a daily/weekly shopping list
- Understand stranger danger
- Using public transport
- Plan a trip into town
- Understand how to wash your own clothes
- Housework

For example, the group would make a cup of tea or hot chocolate. They will be shown a step by step guide to making either of the hot drinks mentioned above. They will look at how a kettle works and the dangers surrounding it. Once they have completed the task they will be asked to make a hot drink for three people. This challenge provides our pupils with the opportunity to have to increase the values that they were originally used to. Therefore solidifying these skills.



Duke of Edinburgh's Award



Benefits of the Duke of Edinburgh's Award

Outdoor Education works side by side with this nationally known award and by taking this award, it will challenge the individual in a multitude of different areas. It will also present opportunities in gaining new skills, which will help to prepare them for adulthood. It is regarded in most UK work places as a great enhancement to a C.V (curriculum vitae).



What to expect on this hidden gem

At GANF, we provide the bronze and silver Duke of Edinburgh's Award. In that year the pupils will have been through four areas, which are:

- Volunteering
 - Helping and enhancing communities or people (e.g. tidying church grounds)
- Physical
 - Being involved in an individual or team activity (e.g. canoeing/football)
- Skills
 - Starting something new or improving on something that you already know
- Expedition
 - The team will paddle in either a vessel or individual canoes

For further information about this award, please visit; <https://www.dofe.org/>

BRONZE

Volunteering 3 months	<i>PLUS a further 3 months in the Volunteering, Physical or Skills section.</i>
Physical 3 months	
Skills 3 months	
Expedition 2 days 1 night	

SILVER

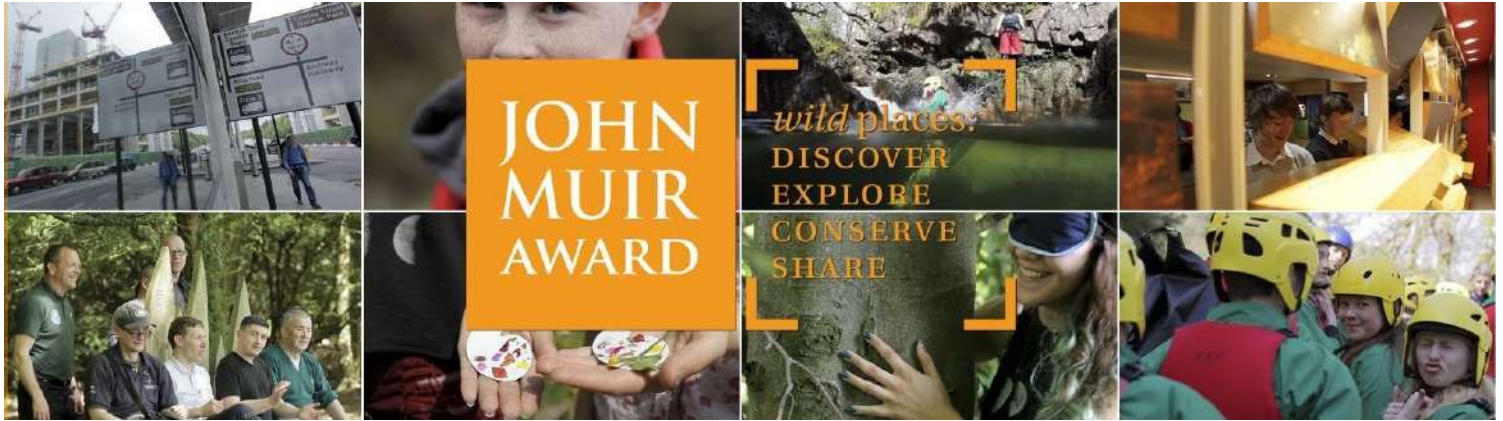
Volunteering 6 months	<i>Direct entrants must do a further 6 months in the Volunteering, Physical or Skills sections.</i>	
Physical		one section for 6 months, the other for 3 months
Skills		
Expedition 3 days 2 nights		



John Muir Award

Benefits of the John Muir Award

Learning through the natural environment, the group will have to discover, explore and conserve an area close to their school then after that share what they have done. This award can be flexible, making it perfect for many of our pupils who find committing to certain projects/awards challenging. It is a great way to show pupils that they can achieve and it gives them the confidence to progress towards qualifications or fixed awards, such as the Duke of Edinburgh's Award.



What to expect on this hidden gem

Our pupils will find an area, either our forest school or a trusted GANF site and look at how to improve it. This will be looking at; sustainability of the land, the wildlife and how to encourage more creatures into that area, looking at creating new projects, and also repairing and enhancing existing projects.

These same four challenges – discover, explore, conserve, share - are repeated for each level of award (discovery, explorer and conserver), with an increased level of involvement in time, activity, responsibility and ownership. When discovering and exploring a new area, pupils may be challenges with different activities in order to help them become comfortable and familiar within that particular area.

Expect to learn how to;

- Use garden tools safely
- Work in small teams
- Lift and move certain objects
- Build small homes for creatures
- Look after paths and leaf bins
- Identify different creatures

For further information about this award, please visit; <https://www.johnmuirtrust.org/john-muir-award/>



Contacting the Right People

At GANF we are always trying to find better ways to enhance outdoor education and hope that our vision will take us further into the future. It would be beneficial that, if you have any questions relating to specific areas of this folder you should be able to contact the right person at Grantham Additional Needs Fellowship.

Outdoor Education Coordinator
Creator of Guide to Outdoor Education

Responsible for the Running of Outdoor Education & Forest
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