



Subject: Outdoor Ed

Academic Year: 2021-2022

Formal Pathway Long Term Plan

	Subject Focus	PfA Focus
Autumn 1	Paddlesport – Inc Canoe, Kayak, Raft Building and SUP Boarding Climb/Scramble Outdoors – Brimham Rocks Gym and Swimming – Catterick Leisure Centre	<ul style="list-style-type: none"> <li>• Water Safety and Personal Water Confidence</li> <li>• Self- Esteem and Risk Management</li> <li>• Agility, Balance and Co-ordination</li> <li>• Personal Fitness and Health</li> </ul>
Autumn 2	Geocaching – Studley Park, Local locations Cycling/Mountain Biking – York Sport and Hamsterley Forest/Sutton Bank Climb Indoors – ROF 59 and Rock Antics	<ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Walking Endurance</li> <li>• Agility, Balance and Co-ordination</li> <li>• Communication Skills</li> </ul>
Spring 1	Walking – Variety of locations Skateboarding – 4Motion Skatepark Darlington Gym and Swim – Catterick Leisure Centre School Nature Reserve – Basic Bushcraft	<ul style="list-style-type: none"> <li>• Endurance</li> <li>• Agility, Balance and Co-ordination</li> <li>• Personal Fitness and Health</li> <li>• Understanding Nature, Self-sufficiency</li> </ul>
Spring 2	Foxglove Covert Nature Reserve Community Based Project Walking – Variety of Locations High Ropes Course – Adrenalin or Bewerley Park	<ul style="list-style-type: none"> <li>• Understanding Natural Habitats</li> <li>• Fire Safety</li> <li>• Community Living and Volunteering</li> <li>• Conquering Fears</li> </ul>
Summer 1	Cycling / Mountain Biking – Sutton Bank Walking – Variety of location Outdoor Climbing – Brimham or Scugdale Crag	<ul style="list-style-type: none"> <li>• Agility, Balance and Co-ordination</li> <li>• Walking Endurance</li> <li>• Communication Skills</li> </ul>
Summer 2	Paddlesport – Canoe, Kayak and Raft Build (SUP) Double Period of this – Ellerton Lake Beach Trip – Saltburn Nature Reserve Pizza Making	<ul style="list-style-type: none"> <li>• Water Safety and Confidence</li> <li>• Teamwork</li> <li>• Problem Solving</li> <li>• Recycling Awareness</li> <li>• Food Hygiene Safety</li> </ul>



Subject: Outdoor Ed

Academic Year: 2021-2022

Formal Pastoral Pathway Long Term Plan

	Subject Focus	PfA Focus
Autumn 1	Paddlesport – Inc Canoe, Kayak, Raft Building and SUP Boarding Climb/Scramble Outdoors – Brimham Rocks Gym and Swimming – Catterick Leisure Centre	<ul style="list-style-type: none"> <li>• Water Safety and Personal Water Confidence</li> <li>• Self- Esteem and Risk Management</li> <li>• Agility, Balance and Co-ordination</li> <li>• Personal Fitness and Health</li> </ul>
Autumn 2	Geocaching – Studley Park, Local locations Cycling/Mountain Biking – York Sport and Hamsterley Forest/Sutton Bank Climb Indoors – ROF 59 and Rock Antics	<ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Walking Endurance</li> <li>• Agility, Balance and Co-ordination</li> <li>• Communication Skills</li> </ul>
Spring 1	Walking – Variety of locations Pendragon Centre – Northallerton Gym and Swim – Catterick Leisure Centre School Nature Reserve – Basic Bushcraft	<ul style="list-style-type: none"> <li>• Endurance</li> <li>• Agility, Balance and Co-ordination</li> <li>• Personal Fitness and Health</li> <li>• Understanding Nature, Self-sufficiency</li> </ul>
Spring 2	Foxglove Covert Nature Reserve Community Based Project Walking – Variety of Locations High Ropes Course – Adrenalin or Bewerley Park	<ul style="list-style-type: none"> <li>• Understanding Natural Habitats</li> <li>• Fire Safety</li> <li>• Community Living and Volunteering</li> <li>• Conquering Fears</li> </ul>
Summer 1	Cycling / Mountain Biking – Sutton Bank Walking – Variety of location Outdoor Climbing – Brimham or Scugdale Crag	<ul style="list-style-type: none"> <li>• Agility, Balance and Co-ordination</li> <li>• Walking Endurance</li> <li>• Communication Skills</li> </ul>
Summer 2	Paddlesport – Canoe, Kayak and Raft Build (SUP) Double Period of this – Ellerton Lake Beach Trip – Saltburn Nature Reserve Pizza Making	<ul style="list-style-type: none"> <li>• Water Safety and Confidence</li> <li>• Teamwork</li> <li>• Problem Solving</li> <li>• Recycling Awareness</li> <li>• Food Hygiene Safety</li> </ul>



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**Semi-Formal Pathway** Long Term Plan

	Subject Focus	PfA Focus (including Maths and English links)
Autumn 1	Walking – Local Venue Climb/Scramble Outdoors – Brimham Rocks National Trust Visit	Personal Health and Fitness Agility, Balance and Co-ordination Communication Skills
Autumn 2	Geocaching – Studley Park, Local locations Cycling – York Sport Bike Park Climb Indoors – Rock Antics	<ul style="list-style-type: none"> <li>• Problem Solving</li> <li>• Personal Health and Fitness</li> <li>• Communication Skills</li> </ul>
Spring 1	Walking – Variety of locations Pendragon Northallerton Walking – National Trust Venue School Nature Reserve – Basic Bushcraft	<ul style="list-style-type: none"> <li>• Personal Health and Fitness</li> <li>• Sensory Skills</li> <li>• Agility, Balance and Co-ordination</li> <li>• Nature Awareness</li> </ul>
Spring 2	Foxglove Covert Nature Reserve Community Based Project Walking – Variety of Locations National Trust Visit	<ul style="list-style-type: none"> <li>• Animals, Nature and sensory awareness</li> <li>• Communication Skills</li> <li>• Personal Fitness and Health</li> <li>• Public Awareness</li> </ul>
Summer 1	Sutton Bank Walk Brimham Scramble / Walk Walking – Local Venue	<ul style="list-style-type: none"> <li>• Personal Fitness and Health</li> <li>• Agility, Balance and Co-ordination</li> <li>• Cross Curricular Links</li> </ul>
Summer 2	National Trust Visit Beach Trip – Saltburn Nature Reserve Pizza Making	<ul style="list-style-type: none"> <li>• Public Awareness</li> <li>• Recycling</li> <li>• Food Hygiene and Fire Safety</li> </ul>