

## Flu Flu Archery

This is a variation of target archery ideal for primary groups. The wooden arrows have weighted rubber ends and participants shoot them into a flat target area to score points. Flu Flu archery is an ideal and fun introduction to the sport.

- Ratio 1 instructor to every 12 participants.

## Camp craft

Campsite selection, tent assembly and basic stove use. Tents and camping equipment are used to teach the participant how to set up camp. Stoves are used to make a hot drink to enjoy.

The physical challenges of this session are set out to promote responsibility, problem solving skills and co-operation.

- Ratio 1 instructor to every 10 participants.



## Outdoor Learning Cards

The Outdoor Learning Cards introduce a range of exciting Outdoor Learning activities designed for Teachers to use with children and young people. Card based programmes can also be delivered by Outdoor Learning and Adventure staff.

The Outdoor Learning Cards support learning across the curriculum, and will help to promote:

- Physically active and healthy lifestyles.
- Positive attitudes towards self, others and the environment.

The cards cover the following activities:

- Journeying
- Team Building
- Bouldering
- Orienteering

- Ratio 1 instructor to every 12 participants.



### What we need from your school:

- A timetable for the day
- Expectations for the day
- Groups sizes that match the ratios given
- Feedback from the session provided

## Contact details

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# Outdoor Learning and Adventure

## Primary school activity programmes

Our school based programme is an exciting way to deliver the Curriculum for Excellence, promoting health and wellbeing, numeracy and literacy.

### Onsite activities:

#### Mini Mountain Biking

This course will build confidence and teach cycle safety skills. A fleet of 8 bikes are provided with all the safety equipment. The only requirement is that participants can ride a bike.



#### Bikeability Scotland

Bikeability Scotland is the new identity for multi-level school based cycle training in Scotland.

##### Level 1

- Level 1 focuses on cycle control skills which are essential pre-entry requirements for level 2.
- Activities are delivered in a playground or traffic free setting.
- Ratio for activity is 1 instructor to every 12 participants.

##### Level 2

- Level 2 is similar to what many will know as cycling proficiency.
- Activities included are starting and ending an on-road journey, maintaining the correct road position, turning left and right at junctions.
- Level 2 session is designed for delivery on a risk assessed on-road setting.
- Ratio for activity is 1 instructor to every 6 participants.

##### Level 3

- Level 3 focuses on making journeys and introduces more advanced junctions such as traffic lights, roundabouts and slip roads.
- Ratio for activity – 1 instructor to every 3 participants.

Bikeability Scotland training programmes can be offered to P5, P6 and P7 age groups.



#### Team building

This involves activities using props and tools in exciting scenarios which require:

- Team work
- Co-operation
- Communication
- Motivation
- This session can also be delivered through Outdoor Learning Cards.
- Ratio for activity 1 instructor to every 12 participants.

#### Exploring and Orienteering

This activity teaches pupils essential map skills and involves locating various markers and points indicated on maps and can involve a range of puzzles and problems which link to the curriculum. It offers opportunities for skill progression and may be remotely supervised in order for the participants to get the most benefit from the activity.

- Ratio for activity 1 instructor to every 12 participants.

#### Climbing Cube

The climbing cube can be brought to your school and set up either outside or in a large hall. The climbing cube can either be used as an activity for a fun day or as part of a programme to learn climbing skills progressing onto a wall.

- This session can also be delivered through Outdoor Learning Cards.
- Ratio for activity 1 instructor to every 8 participants.



#### Climbing Tower

Our new mobile 7 metre high climbing tower is an ideal focus for events, or for when you want to add real excitement to your day. With two instructors teaching basic climbing skills there can be four pupils on the tower at any one time. It also offers an excellent progression from the climbing cube; or as an introductory session prior to climbing on crags.

#### Sailing

An introduction to how a sailing dingy works in your own school grounds.

We have linked to the Royal Yachting Association's recently developed Curriculum for Excellence based programme, Sail to Learn, to deliver this activity.

- Sail to Learn has been developed to include specific cross curriculum learning outcomes traditionally taught in a classroom environment.
- Ratio for activity 1 instructor to every 12 participants within school grounds.

