

# Outdoor Education

**Teachers:** Stephen Sunners

Oakfield School is proud to offer its pupils outdoor-based education. This is a unique facility in the area, and is a fundamental part of education and life at Oakfield School. Pupils have opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences outside of the classroom environment. Pupils focus on hard skills and soft skills centered on co-operation, teamwork, motivation, independence, communication and resilience. Each activity is sanctioned and regulated by an overseeing body. Each element is taught using engaging open questions and focused reflection on previous learning in order to help embed the transfer of skills that relate to life beyond outdoor education. Alternative tasks are offered to students who are not confident to undertake the main task.

## Schemes of work:

Year 9

Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Resilience		Communication		Independence	
Mountain Biking GoMTB Level 1	Mountain Biking GoMTB Level 2	Bouldering NIBAS	Climbing NICAS	Canoe & Kayaking Paddle Start Award	Canoe & Kayaking Paddle Discover Award
Getting On/Off Bike Starting/Stopping Ride One Handed Ride Easy Trail	Cone of Movement Attack Position Gear Changes Climbing Hills	Visit Bouldering Centre 20 Boulder Problems Basic Bouldering Knowledge	Visit Climbing Centre 20 Climbing Problems Figure of 8 Knot Knowledge	A fun and enjoyable practical session, introducing you to paddlesport.	Taking you on the next steps towards becoming an independent paddler, for a fun and safe time on the water.
Teamwork		Cooperation		Motivation	
Bushcraft Basic Competency	Bushcraft Basic Competency	Search and Rescue SJA Expedition First Aid	Search and Rescue SJA Expedition First Aid	Navigation NNAS Bronze Award	Navigation NNAS Bronze Award
Fire Shelter Food Preparation	Knife Work Campcraft Cordage	Primary Survey Recovery Position Bleeding	Heat Exhaustion Hypothermia Dealing with Emergency	Technical Skills Strategies Planning Knowledge	Technical Skills Strategies Planning Knowledge

## Personal Development

The curriculum extends beyond the purely academic and provides for learners' broader development, aiming towards our pupils experiencing life skills in addition to their classroom-led learning.

Module	Award	Governing Body
Bushcraft		IOL
Mountain Bike	GoMTB	Scottish Cycling
Search and Rescue	First Aid	St John Ambulance
Climbing	NIBAS	ABCTT
Navigation	NNAS	NNAS (National Navigation Award Scheme)
Canoe kayak	Paddle Power	British Canoeing