

AdventuresKool Sessions

Exploring the new classroom.

We will introduce ourselves and draw up a contract of rules as a group and discuss the forthcoming session and the aims and objectives of the programme. We will then explore our environment, playing some games and getting to know each other in an informal way.

Assessing risk - Canoeing

We will look at what risk is and what it means to us, recognise everyday risk and the process we naturally do to survive the day.

Ramble Scramble

The children will use and build on their prior knowledge of the outdoors to identify different trees, bugs and macro / micro ecosystems, observing how they work in synergy. As well as this they will consider global issues and how we can help to protect our environment.

Bush craft

Building on the foundation of the previous session, they will learn about the fire triangle and how to light a fire using different methods from matches to friction. They will then make camp bread and use the fire as a time to reflect on their learning from the previous sessions.

Tarpology

The children will develop their resourcefulness and ability to perform a key role in a team by having to create a shelter using hammocks and tarpaulins. They will explore a range of different knots, having to choose the best fit for use in different situations, as well learning how different conditions need different types of shelter and how the choices that they make are very important.

Creative Art

In the final session we will look at what nature can offer us in form of art and its creative use to reflect on the programme, using a selection of things we can find, we will not just make visual pieces but also sound and written.

KIT LIST

- Waterproof clothing (or a full change of clothes)
- Appropriate footwear (see examples below)
- A second set of footwear to change into after the activity
- Rucksack or Bag to keep all your kit together
- Long sleeved top and trousers
- Shorts and t-shirt for wearing under a wetsuit (for paddle sports activities)
- Clothing appropriate to the weather (layers which can be taken on / off are advisable)
- Towel
- Drinks bottle
- Snacks / food & drinks required for the visit
- *Long hair to be tied back for the activities

Some examples of ideal footwear to wear for the activities on site are:

Old Trainers, Walking Boots, Walking Shoes, Ankle Wellies, Short Wellies.