

# Yr9 Outdoor Activities

## Outdoor Activities – Curriculum Map

### Ks3 (Year 9)

Group	Session 1	Session 2	Session3	Session 4
Rotation	Mountain Biking and cycling skills Hope Valley Pump Track	Orienteering Longshaw Estate	Weaselling Higger Tor	Outdoor Climbing Burbage North

### Curriculum Intent

Aim	<ul style="list-style-type: none"> <li>- Experience a range of outdoor activities for the enjoyment, fun and excitement of participation.</li> <li>- Develop resilience, determination, and social skills to overcome challenges.</li> <li>- Develop a greater understanding and appreciation of being part of a community based in the Peak District National Park</li> </ul>
What are Outdoor Activities	<p>Outdoor Activities are a range of activities that are predominately done in the outdoors or help us develop the skills to be used in the outdoors.</p> <p>Outdoor Activities help individual learn through what they do, what they encounter and what they discover. Activities are usually adventurous to allow individual to experience the thrill and excitement from participating in a challenging activity</p>
Why is Outdoor Activities important?	<p>Research has shown that outdoor activities are vital for young people’s development, socially, physically, and mentally:</p> <ul style="list-style-type: none"> <li>- Opportunity to improve mental health and wellbeing.</li> <li>- Develops an understanding of nature which allows young people to appreciate why nature needs protecting.</li> <li>- Develops physical skills such as strength, balance, coordination, power, and endurance.</li> <li>- Allows social development, working as a team, taking the lead, receiving, and following instructions from peers and other leaders.</li> <li>- Allows young people to improve their resilience, determination, and resourcefulness</li> </ul>
Jobs linked to Outdoor Activities	<p>Outdoor Education instructor in an Outdoor Education Centre</p> <p>Outdoor Centre Manager</p> <p>Freelance outdoor education instructor</p> <p>Mountain Guide</p> <p>International Mountain Guide</p> <p>Climbing wall instructor</p> <p>Climbing coach</p>

	<p>Mountain biking instructor/coach  Teacher  University/Further Education lecturer  Outdoor research  Environmental research  National Park Ranger  Working for/with Forestry Commission  Working for charities such as National Trust, English Heritage, Wildlife Trust, RSPB  Conservation  Many others!</p>
<p>Why that, why then?</p>	<p>This programme is offered as part of the curriculum in PE for Year 9 students. It is offered specifically to Year 9 because:</p> <ul style="list-style-type: none"> <li>- They are not currently involved in their GCSE or equivalent subjects.</li> <li>- The skills they develop within this programme can be transferable as the students move up into the potential stressful higher years.</li> <li>- Students may not have experienced this level of activities since Year 6 so the impact may be greater than if the programme was offered in Year 7/8</li> <li>- The programme is aimed to increase resilience and social cohesion, and Year 9 is a year where it is beneficial for these students to develop these skills.</li> <li>- Development and building on skills learnt in Year 7/8 Pe lessons. Applying physical, social and mental skills to a more challenging situation</li> </ul>