

Outdoor Learning Programmes of Study for Early Years, Key Stage 1 and Key Stage 2

Purpose of study:

Our school and local area is rooted in some of the most inspiring, natural beauty in the United Kingdom. This programme of study will ensure children get the opportunity to explore and learn in and from the outdoors. This will enable them to appreciate where they live, bring awareness to what is on their doorstep and ensure all children experience what Cumbria's outdoors has to offer.

Outdoor learning provides learning experiences that develop a child's character and equips them with real life knowledge and skills.

These contribute to the following aims.

Development of character:

- Develop communication, team work, leadership and collaboration
- Build and relationships
- Opportunities to assess risk taking and/or use initiative
- Develop confidence in themselves by pushing boundaries and understanding themselves
- Inspire curiosity and encourage pupils to make observations, to ask questions about how and why things happen in the outdoors
- Develop the skills to negotiate and interact with others

Broad areas of real-life knowledge, vocabulary and skills

- Knowing and understanding nature and wildlife in Cumbria
- Develop and learn self-help and/or survival skills in order to stay safe in the outdoors
- Making use of the outdoors for shelter and food
- Contribute to the conservation of our local environment
- Exploring and developing use of language through real life experiences
- Taking responsibility for and caring their own environment

Early Years Programme of Study

By the end of reception:

Children will have explored their local grounds for nature and wildlife, had an introduction to navigation through following trails within the school grounds and will have begun to consider how to stay safe in the outdoors. They will have also had opportunities to explore and enjoy the food that is grown at school.

Nature and wildlife:

- Make observations of plants, trees, flowers, invertebrates, and birds
- Talk about similarities and differences, use some flora and fauna names but also labels from observations
- Observe and understand seasonal change
- Recognise different forms of weather and make observations as to how it affects their environment and themselves

Self-help:

- **Set up and** Follow basic trails in our school grounds
- Know what to wear, pack for different weathers and/or environments
- Understand basic rules of safety in the outdoors e.g. eating unknown food, stepping on ice.

Basic living skills:

- Understand that plants grow
- Know how we can care for and look after plants and grow food
- Find foods that can be eaten safely in the outdoors e.g. School grounds/ berry picking

Conservation:

- Find ways we can look after our school and local environment
- Express feelings and emotions about the natural world around them

Key Stage 1 Programme of Study

Children will have explored their local area for nature and wildlife, built on their knowledge of trails and made them in their local area. They have also been introduced to water safety and the countryside code. They will build on their knowledge of conservation and begin to consider how they can assist. Children will also have experienced planting and eating and cooking food from the outdoors.

By the end of Key Stage one:

Nature and wildlife:

- Find and name common trees, flowers and insects that live in our local area
- Find and name common birds that live in different environments- eg. Coast, Garden, woodland
- Grow flowers and vegetables for a clear purpose

Self-help:

- Introduction to water safety
- Navigate and follow trails in the local environment
- Introduction to the countryside code- public footpaths, bridleways, private property

Basic living skills:

- Source and eat food grown in our local area
- Prepare and cook food from the outdoors
- Create and use shelters using natural materials

Conservation:

- Consider how we conserve plants and wildlife in our school grounds/ local area

Lower Key Stage 2 Programme of Study

By the end of Year 4:

Children will further develop their knowledge of conservation and look at what they can do to preserve the local wildlife. They will experience living in and surviving in the outdoors and will begin to hone their navigational skills using compasses. Children will be introduced to risk-taking through outdoor activities such as climbing, canoeing and ghyll scrambling.

Conservation of nature and wildlife:

- Understand and contribute to the conservation of nature and wildlife in the local area

Self-help:

- Learn water survival skills within a pool
- Develop basic compass skills to navigate trails in the local area
- Introduction to the countryside code- public footpaths, bridleways, private property
- Introduction to first aid

Basic living skills:

- Plant, source and eat vegetables
- Prepare and cook food in the outdoors
- Create and use shelters using natural materials with increasing complexity

Experiences within the outdoors

- Introduction to risk-taking through adventurous activities such as climbing, canoeing and ghyll scrambling
- Camp in the outdoors on our school premises
- Apply navigational skills on hikes

Upper Key Stage 2 Programme of Study

By the end of Year 6:

Children will contribute and have a clear understanding of conservation at a local and national level. They will have further experienced living in and surviving in the outdoors making use of natural materials and will embed their navigational skills using compasses and Ordnance Survey maps. Children will have further opportunities to risk-take through outdoor activities and will have learnt in-depth about first aid and water safety.

Conservation of nature and wildlife:

- Understand and contribute to the conservation campaigns of nature and wildlife in the local and national area

Self-help:

- Water safety in lakes and/or rivers
- Develop compass and map skills to navigate routes in the local area
- Learn first aid in the outdoors

Basic living skills:

- Foraging for food in the local environment
- Make campfires using natural materials and use these to cook
- Create and use shelters using natural materials exploring different structures and models

Experiences within the outdoors

- Risk-taking through adventurous activities such as climbing, canoeing and ghyll scrambling
- Camping in the local area
- Apply navigational skills on hikes with increasing challenge