

Outdoor Ed Curriculum - Year 10

Autumn 1 - Mountain Biking		
Week 1	Witton Park & Billinge woods - Lesson emphasis, introduction to mountain biking, know your bike (physical section DofE Bronze)	P2
Week 2	Leeds and Liverpool canal - Recap on previous sessions. Lesson emphasis, braking (physical section DofE Bronze)	P2
Week 3	Phillips Park trail - Recap on previous sessions. Lesson emphasis, gain overall balance on the bike (physical section DofE Bronze)	P2
Week 4	Hurstwood & Worsthorne trail - Recap on previous sessions. Lesson emphasis, manoeuvres and cornering (physical section DofE Bronze)	P2
Week 5	Clayton Vale Trail - Recap on previous sessions. Lesson emphasis, context biking, trail progressions (physical section DofE Bronze)	Full Day
Week 6	End of block assessment, feedback to learners on progression and next steps.	P2

Autumn 2 - Caving		
Week 1	Malham Cove - Lesson emphasis, introduction to caving, rock formations and geology	Full Day
Week 2	Yordas Victorian Show Cave - Recap on previous sessions. Lesson emphasis, linked to science and sedimentary rock, crystal formations	Full Day
Week 3	Stumps Cross Cavern - Recap on previous sessions. Lesson emphasis, educational item scouting liked to cave, map reading in caves, fossil remains linked to science	Full Day
Week 4	Mock exam week	
Week 5	National Coal Mining Museum - Recap on previous sessions. Lesson emphasis, links to industrial revolution and science, renewable energy	Full Day
Week 6	White Scar Cave - Recap on previous sessions. Lesson emphasis, tour of longest showcase in uk. End of block assessment	

Spring 1 - Educational Visits		
Week 1	Museum of Liverpool - Lesson emphasis, learn about different cultures from around the world.	P1
Week 2	Maritime Museum - Recap on previous sessions. Lesson emphasis, learn about life at sea, maritime standards of living	P1
Week 3	Football Museum - Recap on previous sessions. Lesson emphasis, links to GCSE PE, British culture & values	P2
Week 4	Liverpool football museum and stadium tour - Recap on previous sessions. Lesson emphasis, life experiences, links to CORE PE and GCSE PE, contextual emphasis	P1
Week 5	Lancaster Castle Tour - Recap on previous sessions. Lesson emphasis, learn about history. Links to AONB.	P2
Week 6	MOSI - Recap on previous sessions. Lesson emphasis, learning about industry in the UK, links to science, motor vehicle and history	

Spring 2 - Climbing		
Week 1	School Climbing Wall - Lesson emphasis, Introduction to climbing, equipment safety. Register students for NICAS level 1 climbing award (physical section DofE Bronze).	P2
Week 2	School Climbing Wall - Recap on previous sessions. Lesson emphasis, rope work (figure of eight) and further safety checks (physical section DofE Bronze)	P2
Week 3	Awesome walls, Liverpool - Recap on previous sessions. Lesson emphasis, belaying. (physical section DofE Bronze)	P2
Week 4	School Climbing Wall - Recap on previous sessions. Lesson emphasis, traversing (physical section DofE Bronze)	Full Day
Week 5	School Climbing Wall - Recap on previous sessions. Lesson emphasis, climbing at limit/ overhanging terrain (physical section DofE Bronze)	P2
Week 6	End of block assessment, feedback to learners on progression and next steps.	P2

Summer 1 - Kayaking		
Week 1	Queens Park - Lesson emphasis, Introduction to Kayaking, starts (physical section DofE Bronze)	Full Day
Week 2	Queens Park - Recap on previous sessions. Lesson emphasis, paddling/ strokes (physical section DofE Bronze)	Full Day
Week 3	Queens Park - Recap on previous sessions. Lesson emphasis, change of pace/ rate (physical section DofE Bronze)	Full Day
Week 4	Queens Park - Recap on previous sessions. Lesson emphasis, finishes (physical section DofE Bronze)	Full Day
Week 5	Queens Park - Recap on previous sessions. Lesson emphasis, recovery/ capsizing (physical section DofE Bronze)	Full Day
Week 6	End of block assessment, feedback to learners on progression and next steps.	Full Day

Summer 2 - Walking & Fitness (Transition from 10's to 11's)		
Week 1	Exams week - School trips	P1
Week 2	Exams week - School trips	P1
Week 3	Edisford Bridge - Lesson emphasis, learning about fitness and history (beginner route)	P2
Week 4	Canal Walk – Lesson emphasis, learning about the history of the canal and why they are important (DofE volunteer section) (intermediate route)	P2
Week 5	Witton Park – Lesson emphasis, preparation (equipment) for DofE expedition (intermediate route)	P1
Week 6	Bolton Abbey – Lesson emphasis, communication and team building exercises, encouraging others to succeed (difficult route). End of block assessment.	