### THREE-DAY OUTDOOR AND ADVENTUROUS ACTIVITIES (OAA) RESIDENTIAL FIELD TRIP

**Friday 29 September 2023 – Sunday 01 October 2023**

**Great Potheridge House**

**(Encompass Training SW Ltd)**

**INTRODUCTION**

The residential experience will take place at Great Potheridge House on the weekend of Friday 29 September – Sunday 01 October 2023. This format has evolved, taking the best aspects of courses run previously and taking into account lessons learnt and the comments made by previous student teachers.

The weekend will consist of a theoretical base, enlarged by a range of practical on-site and off-site activities. Some elements will be specifically designed to be run on any school site to meet the needs of various elements of the National Curriculum for Physical Education (NCPE) requirements related to Outdoor and Adventurous Activities (OAA) (see DfE, 2013). There will be an opportunity to experience activities for which outside assistance or specialist knowledge and qualifications are required.

# Course content

The theory sessions will to cover the following elements:

* The NCPE requirements at Key Stages 1-4;
* The organisational aspects of the provision of OAA;
* The role of the Adventure Activities Licensing Service;
* The responsibilities involved in residential provision: Duty of care, risk assessment

The programme is split between one day of core compulsory elements, involving orienteering and problem solving, and two days of offsite challenging activities which you will have several options to choose from.

All elements of the course will be supported by active reviewing techniques, which can be compared and contrasted, not only to give awareness of the techniques themselves, but also so that the participants can experience them, and perhaps gain from them themselves. This will give awareness and experience of the ‘soft’ skills required to be effective in the "*roles, responsibilities and working together"* elements of the National Curriculum.

# RESOURCE PACK

After the course there will be OAA resource pack provided to aid you in using OAA within your teaching and to aid you in any future role you may have in school helping to deliver OAA.

**FURTHER INSTRUCTIONS**

There will be a short briefing during the first week of term where detailed instructions will be issued (i.e. **Monday 25 September 2023**)at University of Exeter’s St. Luke’s Campus (BC114 Lecture Theatre).

**ARRIVAL AND DEPARTURE TIMES**

Depart University of Exeter’s St. Luke’s Campus (Main Car Park, off Magdalen Road) at **8.30 a.m.** on **Friday 29 September 2023** for the activity venue for the day. We will then travel onto Great Potheridge House late afternoon after the first day’s activities.

Depart Great Potheridge House at **4.00 p.m.** on **Sunday 01 October 2023** arriving at University of Exeter’s St. Luke’s Campus at approx. **5.00 p.m.**

**CORE ELEMENTS**

Orienteering

Problem solving

Team building

Reviewing

Risk assessment, safety, planning and preparation

**ACTIVITY OPTIONS MENU**

Coasteering

Gorge scrambling

Canoeing, kayaking, paddle boarding and Raft building

Surfing

Mountain Biking

Rock climbing, abseiling & scrambling

**SATURDAY EVENING**

A hog spit roast BBQ and Barn Dance (Dress: **‘country-western style outfits & cowboy/cowgirl hats’**)

**OUTCOMES**

The weekend course is intended to produce the following outcomes.

* Understanding the purpose behind the activities.
* An awareness of the type of activity which is possible.
* An understanding of non-competitive activity
* An appreciation of various reviewing techniques
* Experiencing the activities themselves.
* Extending personal knowledge and skill base
* Taking away an operational ‘toolbox’ of activity elements
* Undertaking risk assessment.
* An understanding of the roles and responsibilities of teachers
* Awareness of the elements involved in planning an activity or residential.
* An ability to observe and report back
* Getting to know each other