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# Introduction

Every child's journey at Kettleshulme St James CE Primary School is a special one and we feel so privileged that you have entrusted our School Family with the job of preparing your child for the rest of their lives.

Whilst at Kettleshulme we promise that your child will be nurtured, supported, valued and listened to. We believe that in order for a child to truly succeed in life they need to have a good breadth of experiences, have confidence in their own abilities and opinions (empowerment), demonstrate resilience and be given the opportunities to discover their own strengths. This is why we approached White Hall Outdoor Centre and asked them if they could work with us to design a progressive skills-based programme to help us to:

- support pupils to be more confident
- develop problem solving skills
- gain the skills needed to operate in a team
- develop a connection with the local area, along with a love of the outdoors
- be independent and resilient.
- experience success and challenge
- give our children the opportunity to step out of their comfort zone and face their fears

This bespoke programme, which we are funding using our PE Grant, has been designed to achieve unique outcomes for our unique pupils. We are not aware of any other school offering such amazing opportunities for their pupils. Over the course of the programme the pupils will participate in a wide range of activities, from orienteering to paddleboarding and anything in between. The concept of the programme is to equip our pupils with an ever-increasing set of skills as they move through the school from Reception to Year 6. Pupils will often revisit an activity at a more challenging level and with a different aim – meaning that no two visits will be the same. Within this the pupils will develop a whole host of skills from map reading to putting on a harness. The programme has also been created to give the children a chance to explore the environment close to home and see how it changes over the seasons. They will learn about the living environment and how humans have changed it for good and bad. We will also look at how we can help to enhance, improve, and change the environment around us.

The seven year programme being offered to all pupils will culminate in the Year 6 camp under canvas. This gives these pupils a chance to put all of their acquired skills to the test, the chance to challenge themselves with activities at a higher level and also the opportunity to revisit some of the sessions which they have particularly enjoyed or perhaps didn't feel they did so well at (so that they can have another attempt at the challenge in question).

At the centre of all of this work is having fun. By having fun, the children will absorb knowledge and be keen to learn more.

As pupils move on from Kettleshulme to the next chapter of their lives they will take with them a love of the outdoors, a sense of empowerment, the ability to face and feel their fears, a wide skills set and hopefully a passion for adventure.

Our Kettleshulme pupils are so very lucky to have this special opportunity, as it is an opportunity which we are not aware of any other school offering. The sessions are funded using our school PE Grant and we are proud of the way in which we have used this money to embrace the area in which we live and squeeze everything out of the Peak District National Park which we can, as let's face it, we are incredibly privileged to be located in such a beautiful setting.

# Session times

**Morning sessions** will be for Forest Class.

Pupils will leave school at 8.45am and arrive back at school for 12.30pm when they will have lunch.

**Afternoon sessions** will be for Meadow Class and Hillside Class.

Pupils will leave school 12.30pm (after they have eaten their lunch) and will arrive back at school for 4pm.

TERM	GROUPS						
	CYCLE A Rec and Year 1 8 children	CYCLE B Rec and Year 1 8 children	Year 2 8 children	Year 3 11 children	Year 4 14 children	Year 5 10 children	Year 6 13 children
<b>AUTUMN</b> <i>11<sup>th</sup> Oct</i>	Orienteering and explore site	Cave on site	Rock scramble at Roaches	Climbing at Windgather	Navigating underground in a mine	Leap of faith	MTB off-site
		Low ropes				Big ropes	
<b>SPRING</b> <i>14<sup>th</sup> Feb</i>	Low ropes	Indoor climbing wall	Small zip	Stream scramble	Climbing tower	Caving off site	Abseil at Miller's Dale
	Outdoor boulder		Net climbing		Big zip		
<b>SUMMER</b> <i>22<sup>nd</sup> June</i>	Local stream scramble	Adventure walk	Pond dipping	Rafted canoe	Rafted canoe journey with orienteering	MTB on-site	SUP (Paddle boarding)
							<u>2 night</u> camp in the Peak District

**Please ensure that your child always has a water bottle, a snack and a change of clothing in a backpack on White Hall days.**

Please read on to find out more information about each of the specific activities on offer.

## Orienteering and exploring White Hall



**Who:** Reception and Year 1

**Where:** White Hall

On their first visit they will be given a chance to explore this new environment. They will get a chance to meet the staff and, maybe the White Hall chickens.

They will get their first look at maps and use them to find things, maybe even have a mini competition.

By the end of the session, they will have become more relaxed and familiar at White Hall, gaining confidence with simple maps while working in small groups.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes – hat and gloves.
- Waterproofs if they have them.
- Medication, snacks, and a drink
- Possibly a change of clothes as they may get wet and muddy.

## Low ropes and outdoor boulder



**Who:** Reception and Year 1

**Where:** White Hall

During this session they will be introduced to helmets and taught how to put them on correctly. While on the ropes course they will get a chance to problem solve on how to traverse it without falling off – trying different methods, working out how to use their bodies, using eyes to focus a head and what to do if they have a wobble. Similarly on the boulder they will focus on movement, helping each other and preserving.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes – hat and gloves.
- Waterproofs if they have them.
- Medication, snacks, and a drink.
- Possibly a change of clothes as they may get wet and muddy.

## Local stream scramble



**Who:** Reception and Year 1

**Where:** White Hall

During this session they will hopefully remember how to put their helmets on from last time. We will kit them up in wellies/waterproofs and set off on an adventure from White Hall grounds. They will journey up our local stream, negotiating mini waterfalls, trees, and pools. They will need to help one another giving advice and helping hands. Wellies will be full by the end of it. It will then be back for a shower at White Hall.

**Kit:**

- Old clothes.
- Wellies if they have them. If not, they can borrow from us.
- Warm clothes – hat and gloves.
- Medication, snacks, and a drink.
- Change of clothes, footwear, towel, and shower stuff.
- Bin liner for wet clothes.

## White Hall cave and low ropes



**Who:** Reception and Year 1

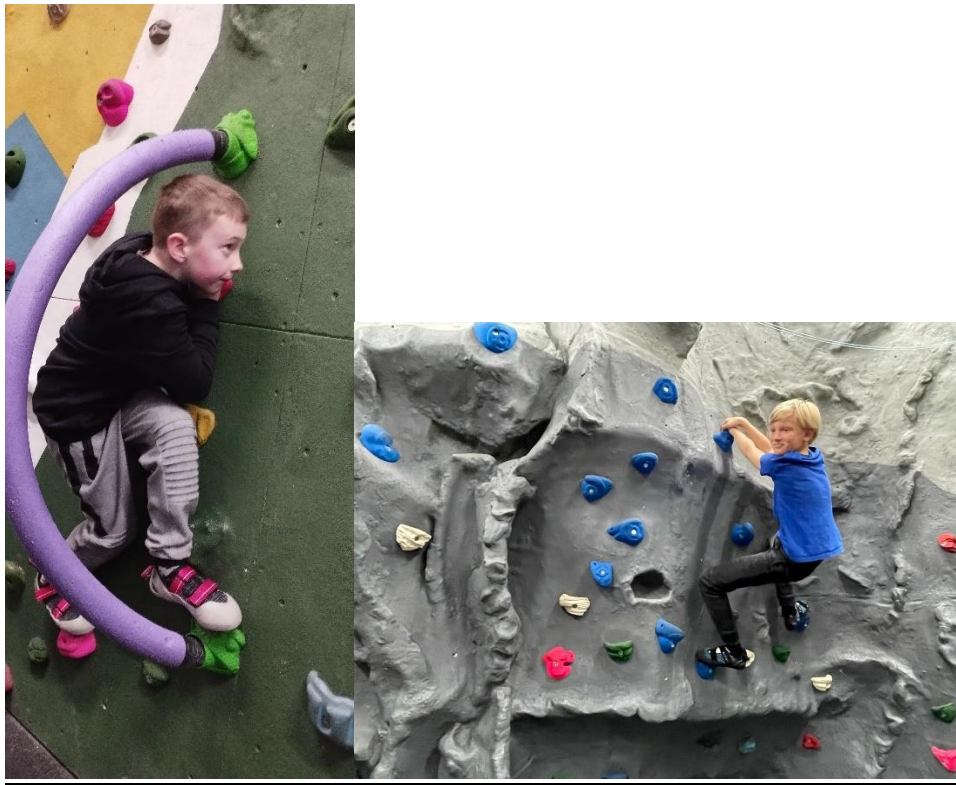
**Where:** White Hall

During this session they will be introduced to helmets and taught how to put them on correctly. While on the ropes course they will get a chance to problem solve on how to traverse it without falling off – trying different methods, working out how to use their bodies, using eyes to focus a head and what to do if they have a wobble. The cave gives the chance to step out of the daylight and into the dark. Starting gently with lights and building up to navigating in the dark. By the end of the session they will have overcome fears and gained in confidence.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes – hat and gloves.
- Waterproofs if they have them.
- Medication, snacks, and a drink
- Possibly a change of clothes as they may get wet and muddy.

## Indoor climbing wall



**Who:** Reception and Year 1

**Where:** White Hall

The children will spend the session in the White Hall climbing wall. They will start by getting kitted up in rock boots, looking at how to be safe and having a fun warm up. They will move on to looking at how their body works in relation to climbing. During the session they will be set challenges and play games to cement their learning. By the end of the session, they will have grown in confidence being able to see a progression in their skills.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Waterproofs if they have them just in case, they have time for an added extra activity outside.
- Medication, snacks, and a drink.

## Local adventure walk



**Who:** Reception and Year 1

**Where:** White Hall

The children will set off on foot from White Hall to get to the top of Combs Moss. They will equip themselves with helmets to scramble over rocks to get to the top. On the journey they will get fabulous views of the countryside around, where they can look at land uses and geography. To achieve the summit, they are going to need to work together and encourage one another.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes – hat and gloves.
- Waterproofs if they have them.
- Medication, snacks, and a drink
- Possibly a change of clothes as they may get wet and muddy.

## Rock scramble/weasel



**Who:** Year 2

**Where:** Roaches near Leek

The children will spend the session making a journey over, around and under the rocks at the Roaches. They will kit themselves up with helmets themselves. They will put into practice the skills they have learnt in the climbing wall and ropes course, about how their bodies move. To complete the journey, they will need to help one another with advice and directions. From the ridge they will have far reaching views across to Wales.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Waterproofs if they have them.
- Medication, snacks, and a drink.

## Small zip and net climb



**Who:** Year 2

**Where:** White Hall

This session is all about gaining confidence. They will start by show casing how they remember to put helmets on and learn a new skill of putting harnesses on safely. They will be challenged to jump off the zipwire and climb to the top of the net. To make this happen they will need to employ great teamwork – rescuing and helping to hold ropes.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Waterproofs if they have them.
- Medication, snacks, and a drink.

## Pond dipping



**Who:** Year 2

**Where:** White Hall

The children will spend the session in the White Hall White Hall grounds looking at creatures and plants that make it their home. By the end of the session, they will have a better understanding of the living environment around them.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Waterproofs if they have them.
- Medication, snacks, and a drink.

## Rock climbing



**Who:** Year 3

**Where:** Windgather Rocks

This is a chance for the Year 3's to put together the skills they have learnt in previous years to climb their local rocks (school can be seen from the top). They will kit themselves up safely in harnesses and helmets and help to hold the ropes as others climb to the top. Hopefully they will remember about how to use their bodies efficiently to achieve their target.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Waterproofs if they have them.
- Medication, snacks, and a drink.

## Stream scramble



**Who:** Year 3

**Where:** Goyt Valley

A chance to explore the environment around Errwood Hall in the Goyt Valley. While looking at how the environment has been changed, they will explore the local stream, they will be set challenges to overcome. Every item of clothes will be wet!!!

**Kit:**

- Old clothes.
- Wellies.
- Warm clothes.
- Waterproofs if they have them.
- Medication, snacks, and a drink.
- Change of clothes, footwear, towel, and shower stuff.
- Bin liner for wet clothes.

## Rafted canoeing – skills



**Who:** Year 3

**Where:** Combs Reservoir

A new environment to explore and learn about. They will learn about water safety and how to put the safety equipment on. In a sheltered bay they will work out how to make their rafted canoes move where they want them. They will play games to enhance those skills and if the weather dictates jump in and see how the safety equipment works. A key part of this session is co-operation and communication.

**Kit:**

- Old clothes.
- Old trainers.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes, footwear, towel, and shower stuff.
- Bin liner for wet clothes.

## Mine exploration



**Who:** Year 4

**Where:** Ashford Black Marble Mine, Ashford in the water.

A new environment to explore and learn about. Kitted up in caving suits, wellies, and caving lamps they will explore an old mine. Armed with a survey they will put their map skills to the test. They will discover what it would have been like for miners a century ago. This mine has challenges for all – just being underground, in the dark or having a go at the crawling challenges.

**Kit:**

- Old clothes.
- Wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.
- Bin liner for wet clothes.

## Crate stack, big zip and middle ropes.



**Who:** Year 4

**Where:** White Hall.

A chance to up the challenge. Once again there will be the challenge of remembering how to put harnesses and helmets on before stepping off and on to the zipwire, working out how to build the biggest crate stack possible and getting around a bigger ropes course. Once again, those team skills will be put to the test.

### **Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.
- Bin liner for wet clothes.

## Rafted canoe journey



**Who:** Year 4

**Where:** Combs Reservoir

Remembering what they learnt from their previous sessions, their challenge will be to navigate around Combs collecting the answers to the orienteering. Map work and canoeing in one! While also exploring the far reaches of the reservoir. If the weather dictates – they will get a chance to split the rafts up and paddle in solo canoes.

**Kit:**

- Old clothes.
- Old trainers.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes, footwear, towel, and shower stuff.
- Bin liner for wet clothes.

## Leap of faith and big ropes.



**Who:** Year 5

**Where:** White Hall.

A chance to up the challenge even more. Once again there will be the challenge of remembering how to put harnesses and helmets on before jumping for the ball. Once again, those team skills will be put to the test.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.
- Bin liner for wet clothes.

## Cave exploration



**Who:** Year 5

**Where:** Giants Hole above Winnets Pass.

A chance to explore part of the natural cave system above Castleton with water appearing out of Peak cavern. While exploring this millions of years old system that is still being carved out by water they will see fossils, cave formations and big chambers. Part of the adventure will be squeezing through narrow/small spaces (choice) and climbing up to explore different passageways.

**Kit:**

- Old clothes.
- Wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.
- Bin liner for wet clothes.

## Mountain biking – on-site



**Who:** Year 5

**Where:** White Hall

The session will start with the children sizing their bikes correctly, doing a safety check and correctly fitting their helmets. They will get a chance to become familiar with their bikes and learn a few skills before heading on to our bike track. The session will build up to doing the whole track including the Devil's elbow and Jabberwocky. Finally finishing with the pump track. By the end of the session confidence will have been gained.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.

## Mountain biking – off-site



**Who:** Year 6

**Where:** White Hall and the Goyt valley.

The session will start with the children sizing their bikes correctly, doing a safety check and correctly fitting their helmets. Before setting off from White Hall into the Goyt Valley using bridleways and very minor roads. They will need to put into practice the skills they perfected on the bike track to explore the Goyt valley in a different way.

**Kit:**

- Old clothes.
- Old trainers/wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.

## Abseil



**Who:** Year 6

**Where:** Millersdale viaduct on the Monsal Trail.

The highlight for many yr6's who visit White Hall. They will kit themselves up in the safety equipment which should be second nature to them before they abseil down the 20m/70 ft high disused railway viaduct. Support and encouragement will be needed from the team.

**Kit:**

- Old clothes
- Old trainers/wellies/walking boots.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes if they get wet and muddy.

## Stand-up-paddleboarding (SUP)



**Who:** Year 6

**Where:** Combs Reservoir

Using all their previous skills from canoeing they travel around the reservoir. While enjoying this need medium of travel they will learn new skills, get very wet and play games. A great way to gain water confidence.

**Kit:**

- Old clothes.
- Old trainers.
- Warm clothes.
- Medication, snacks, and a drink.
- Change of clothes, footwear, towel, and shower stuff.
- Bin liner for wet clothes.