
Teaching Outdoor Adventurous Activities (OAA) in PE

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PE SCHOLAR

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What is OAA?

It is generally agreed that 'outdoor education' or more recently 'outdoor learning' is not a subject, but an approach to education which is concerned with the overall development of young people.

The term learning in the outdoors embraces activities and experiences that:

- normally take place outside;
- frequently have an adventurous, challenging, residential or learning component;
- generally involve physical activity; and
- always respect the environment



What does OAA mean to you?

What are the characteristics of OAA?

You have 90 seconds in the chat box...

Outdoor Adventurous Activities - What is it?

What are the characteristics of Outdoor and Adventurous Activities?

In the natural environment

Risk and danger

An adrenaline rush

Not always rule-bound

Challenging

Conquests

A reliance on self and others



Outdoor Adventurous Activities - Discussion

Task:

In your break-out room, discuss the following:

1. What are the benefits of OAA in schools?
2. What are the limitations?
3. Why is OAA often poorly represented within a school's curriculum?



What are the benefits of Outdoor Adventurous Activities?

- 1) Developing Individual Potential
- 2) Spiritual and Emotional Development
- 3) Improved Understanding and Awareness of Environment and Other Cultures
- 4) Improved Learning Skills
- 5) Improved Teamwork
- 6) Improved Relationships



What are the limitations of Outdoor Adventurous Activities?

- 1) Health and Safety Regulations
- 2) Additional Paperwork
- 3) Weather
- 4) Supervision



Why is Outdoor Adventurous Activities often poorly represented within a school's curriculum?

- 1) Congested timetable
- 2) Senior Leadership Support
- 3) Lack of specialist teachers
- 4) Lack of funds
- 5) Accessibility to natural environments
- 6) Safety - in a risk-averse society



OAA Overview

Research suggests that:

Heavy bias towards Games by teachers and trainee teachers - football, hockey, netball, rugby, basketball, cricket, rounders, and/or tennis.

Often because of practical knowledge (e.g. NGB courses) and playing experience.

Activities such as dance, swimming, gymnastics and OAA are often underrepresented.

This has significant implications...

Poll: What percentage of the curriculum at your school is dedicated to OAA?

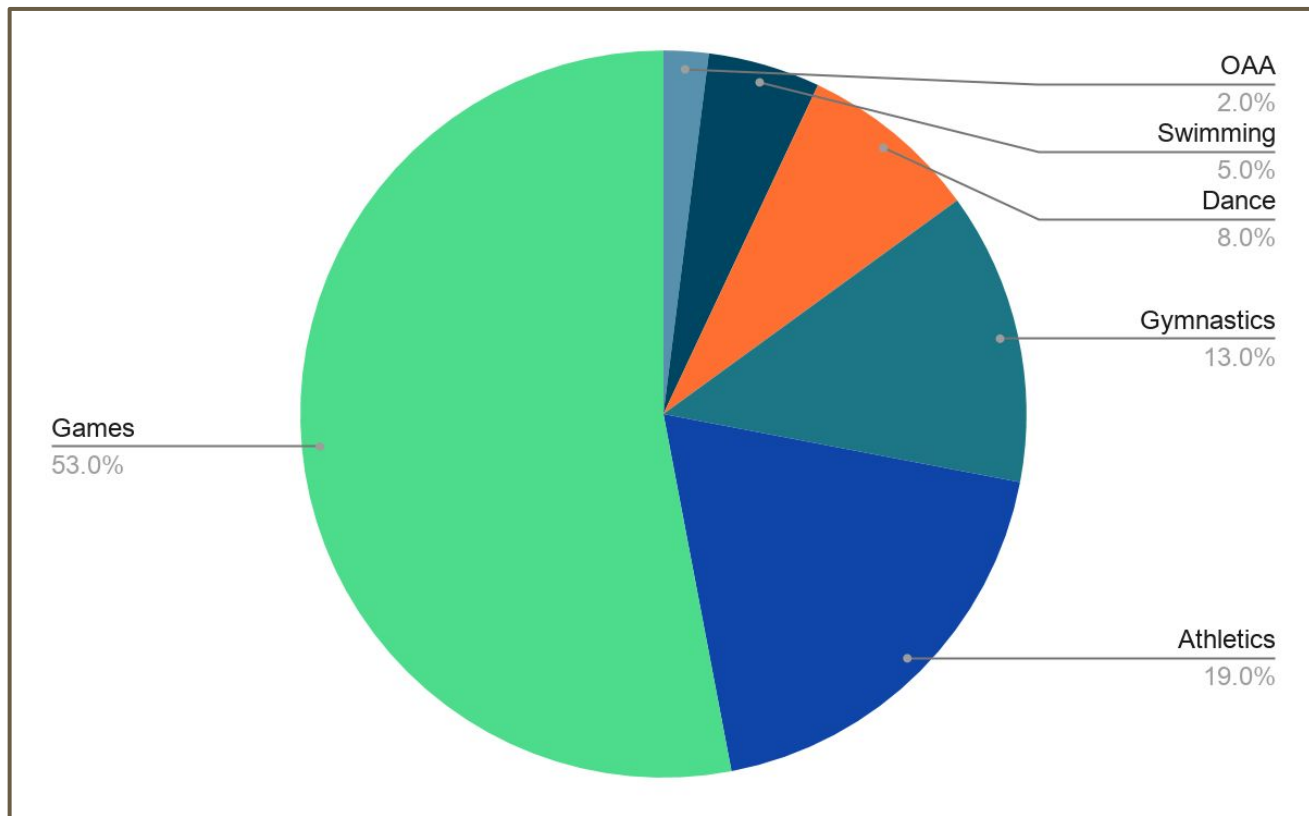
OAA Overview

Research suggests that a “substantial” proportion of schools over emphasise Games.

This has significant implications...

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The average allocation of curriculum time at KS3 suggests:



Source: Capel, S. and Katene, W. (2000) Secondary PGCE PE students' perceptions of their subject knowledge'. *European Physical Education Review*, 6 (1), 46-70.

The Scary Truth

5 hours a day

25 hours a week

2 hours is PE (**AT BEST**)

8% of National Curriculum is spent on Physical Education

39 weeks in a term / 2 hours of PE = 78 hours of PE (4680 minutes)

Based on research: 2% on OAA = **1.5 hours** (93 minutes) each year!

OAA Overview - Comfort Zones



If pupils have little knowledge of an activity then they are less likely to be confident to participate in the future.

Teachers and trainee teachers can sometimes be guilty of teaching activities in which they feel most comfortable.

- Links to knowledge and experience

This is good news for team games (e.g. rugby, football, netball, hockey).

But may limit a child's choice of physical activity after leaving school.

So...what can WE do about it?

1. Team Building and Problem Solving
2. Residentials
3. Orienteering
4. Climbing and Bouldering
5. Journeying / Hill Walking (GCSE NEA)
6. Duke of Edinburgh's Award
7. Additional Activities / Resources



1. Team Building & Problem Solving



Team Building and Problem Solving

These activities:

Are easy to implement

Require minimal equipment

Are cost Effective

Are progressive

Develop team roles

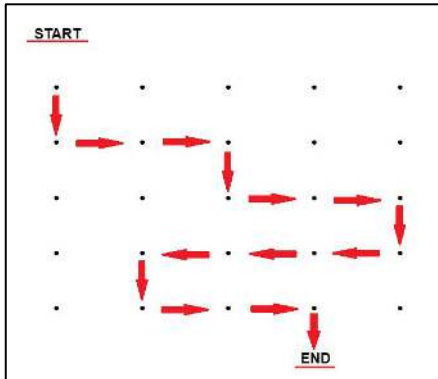
Promote experiential learning

Can be organised indoors / outdoors

Exemplar Team Building activities can be found on the next slides



Exemplar Activities:



2. Residentials



Why Residentials:

Foster deeper relationships

Improve resilience / self-confidence and wellbeing

Boost cohesion and sense of belonging

Improve students' engagement with learning

Improve students' knowledge, skills and understanding

Smooth students; transition experiences

Student leadership and facilitation

Why Residential:

'For some children a week's residential experience is worth more than a term at school.'

Sir Tim Brighouse

Former London schools' Commissioner

"You can learn more about a person in an hour of play than in a year of conversation"

Plato

3. Orienteering



Orienteering

In order to deliver quality orienteering lessons it is essential to have a map of the school site.

In the early stages a map produced by the school is acceptable however; it is possible to have a professional orienteering map produced at a later stage which will help with the progression.

Orienteering can be used to develop the following skills:

- Teamwork
- Co-operation
- Decision making
- Confidence



Orienteering Map

British Orienteering can arrange teacher CPD and mapping of your school campus, sports fields, or both. Cost: £250 approx.



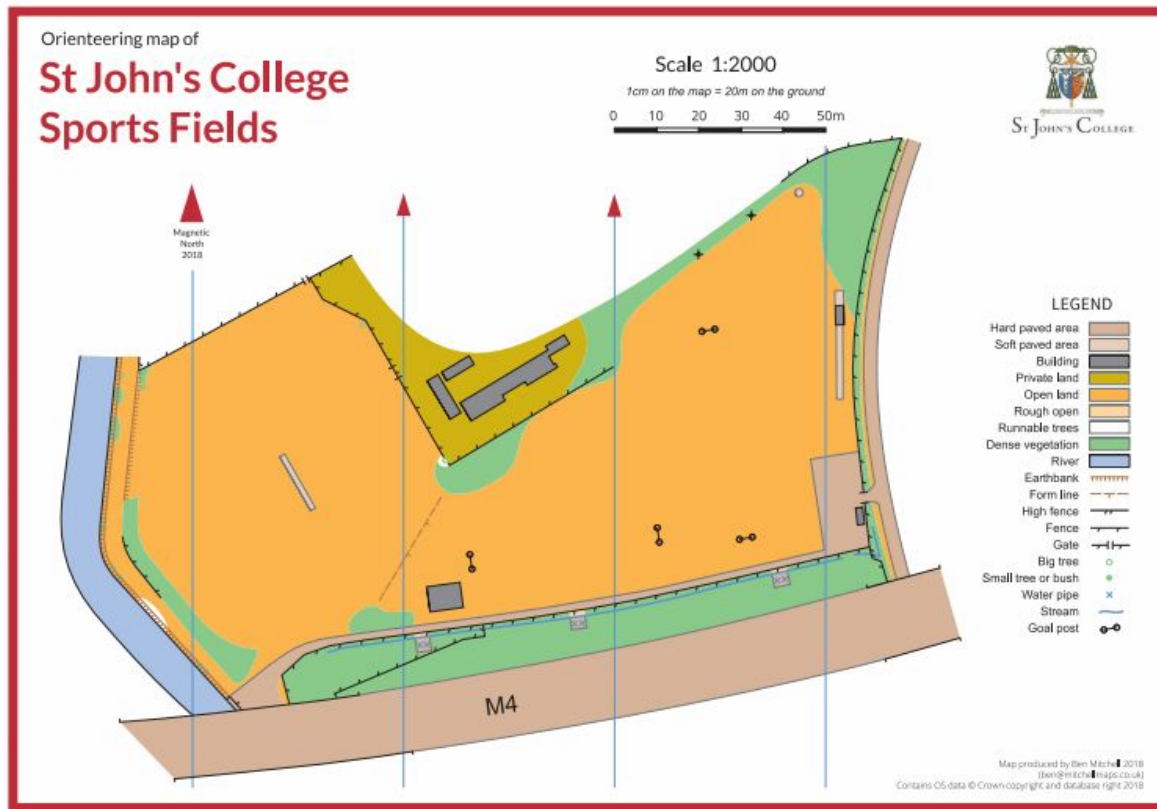
Permanent Orienteering Courses

Go! Orienteering

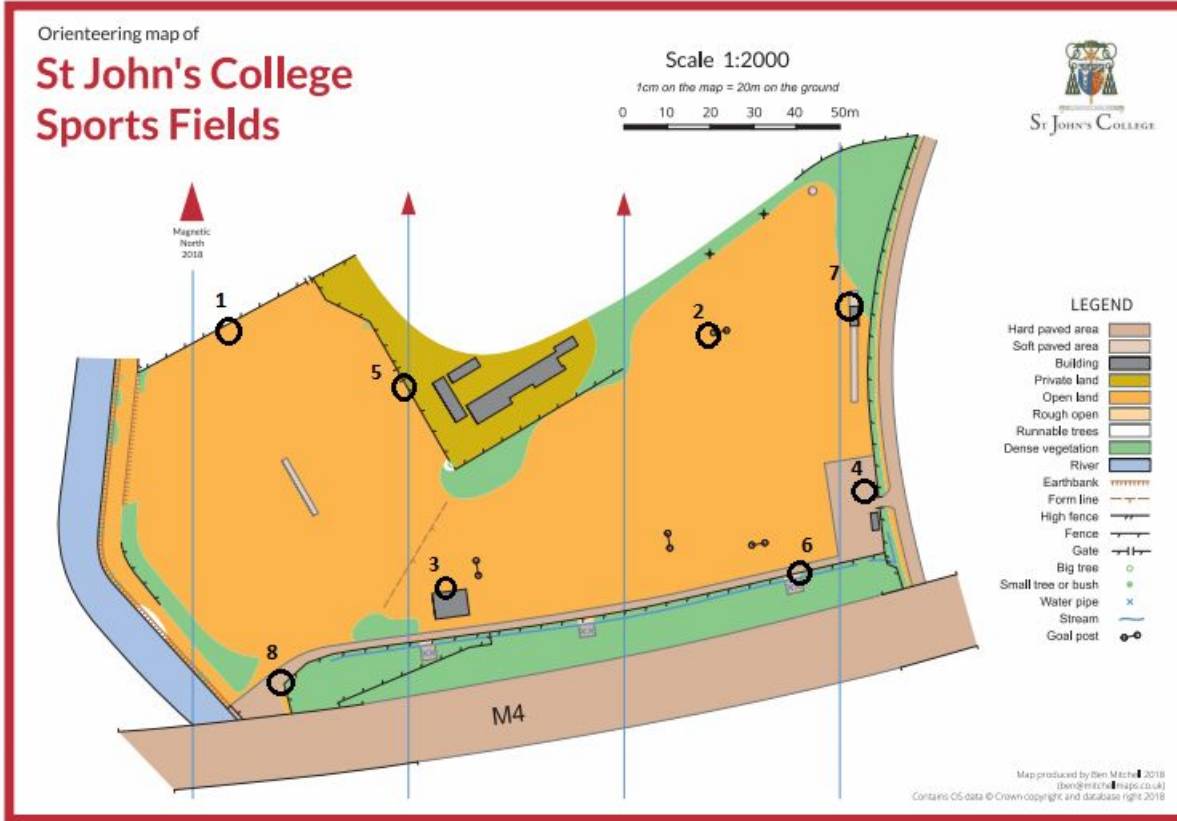
Locations throughout the UK providing ideal opportunities to try orienteering.

At your own pace and a time that suits you, grab a map and go!



Find out more

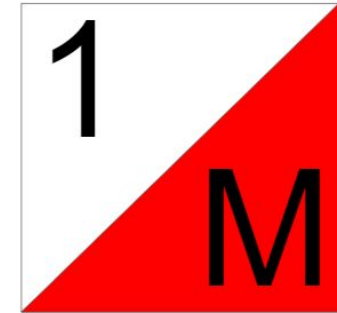


Orienteering @ St John's College





SJC Orienteering Scorecard

	1	2	3	4	
	5	6	7	8	



SJC Orienteering Scorecard

	1	2	3	4	
	M	R	E	O	
	5	6	7	8	
	W	K	A	T	
TEAMWORK					

Case Study - St Cyres School

Aim: To develop a permanent orienteering site, which links to the digital competency framework

What? A bespoke orienteering course, Which encourages the use of technology in lessons

How? Contacted the NGB and local club to arrange mapping of the school. Linked controls to activities, worksheets, exercises, instructions (QR Codes)

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QR Generator: <https://www.qr-code-generator.com/> YouTube: <https://youtu.be/41N6bKO-NVI>



4. Climbing and Bouldering



Climbing and Bouldering

Develop a range of bouldering skills, Including:

- Footwork skills / Handholds / Balance

Can recognise hazards (And control them)

Develop trust through 'spotting'

Develop belay and rope handling techniques

Use larger indoor walls

Run/take part in bouldering competitions



5. Journeying and Hill Walking



Journeying

1. Cooking - Using a Trangia
2. Equipment - What to Take / How To Use It
3. Navigational Skills / Route Planning



Hill Walking

Link to GCSE PE - NEA (WJEC)

Specification requires pupils to plan and walk a route (minimum 10km), demonstrate navigation, theoretical knowledge of subject (e.g. components of fitness, diet and nutrition)

ReLive

<https://www.relive.cc/>



6. Duke of Edinburgh's Award



DofE Information

Aimed at 14-24 year old's

Covers 3 levels: Bronze, Silver, Gold

Bronze & Silver Award - 4 sections

- Volunteering, Skill, Physical, Expedition

Gold Award - 5 sections

- Volunteering, Skill, Physical, Expedition and Residential

It's about setting personal challenges and pushing personal boundaries.
Whilst it also looks good on your CV and personal statement.



7. Additional Activities



Additional Activities

Night walks / Challenge walks	Setting up orienteering courses for others
Stream surveys	Shelter building
Care of equipment	Blindfold activities
First Aid	Supervised open fires
Cycling / Mountain Biking	Survival and Bushcraft activities

7. Useful Links

Consider joining the Council for Learning Outside the Classroom:

<https://www.lotc.org.uk/resources/education-resources/>

There are many free resources but membership, at £95, will open the door to many high quality resource packs and includes help and support.

Visit the Outdoor Education Advisers' Panel (OEAP) website for National Guidance, Advice and Resources:

<http://www.outdooreducationadvisers.co.uk/>

Consider purchasing the Outdoor Learning Handbook and Cards for only £90

<https://www.harveymaps.co.uk/acatalog/Outdoor-Learning-Cards-MOLC.html>

Outdoor Learning Cards - to support the delivery of OAA

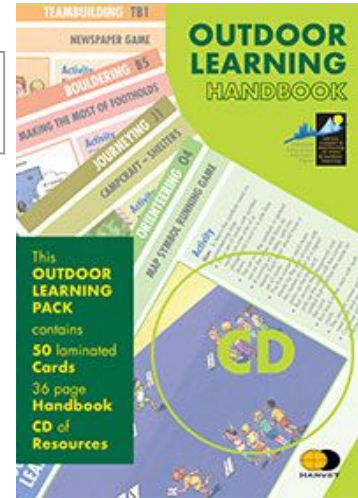
Outdoor Learning Cards have been developed by the OEAP as a resource to support teachers and support staff wishing to deliver exciting and inspirational outdoor learning activities.

They cover four main areas:

Orienteering	Bouldering	Team Building	Journeying
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For further details contact the OEAP:

www.oeap.info / www.oeaptraining.info



Additional information

For pupil health and safety on off-site educational visits, visit:

www.neu.org.uk/advice/educational-visits



If you are a LA school contact your Educational Visits Coordinator (EVC) or Outdoor Adviser or Health and Safety Officer who will help you.

To find your local Outdoor Education Adviser / Health and Safety Officer visit:

www.oeapng.info/find-an-adviser-home/



Additional information

The Council for Learning Outside the Classroom (LOtC) provide a Quality Badge which is the only nationally recognised indicator of good educational quality provision and effective risk management. To check on a provider of OAA holding the LOtC Quality Badge visit: www.lotc.org.uk

For information about the Adventure Activities Licensing Authority visit, www.hse.gov.uk/aala/index.htm

For information on the Institute for Outdoor Learning's work to encourage participation in outdoor learning and training visit: www.outdoor-learning.org



Any Questions?

Thank You For Listening



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