



OUTDOOR

OUTDOOR EDUCATION

THE IMPORTANCE OF OUTDOOR EDUCATION

In the dynamic landscape of secondary education, where students navigate the transition from childhood to adolescence, the role of outdoor education becomes increasingly pivotal. As secondary school students prepare for further education and future careers, engaging in outdoor learning experiences offers a multitude of advantages that extend far beyond the classroom walls.

1. Personal Development

Outdoor education provides a unique platform for secondary school students to enhance their personal development. Activities such as team-building challenges, rock climbing, and expeditions foster resilience, leadership skills, and a sense of self-confidence.

2. Social Skills and Collaboration

Secondary school is a crucial period for social development. Outdoor education encourages students to work collaboratively, communicate effectively, and build strong interpersonal relationships. Through shared outdoor adventures, students learn the value of teamwork, cooperation, and effective communication – skills that are indispensable in both further education and the professional world.

3. Environmental Awareness

Outdoor education immerses students in the natural world, fostering a deep appreciation for the environment. This awareness not only contributes to their understanding of ecological systems but also instils a sense of responsibility towards sustainable practices, an awareness that will carry into their future educational and professional pursuits.

4. Stress Relief and Mental Well-being

The demands of secondary education can be stressful for students. Outdoor education provides a welcome respite, offering a break from the pressures of exams and coursework. Exposure to nature has been shown to reduce stress levels and enhance mental well-being, allowing students to return to their studies with renewed focus and energy.

5. Career Readiness

Outdoor education equips students with practical skills such as problem-solving, adaptability, and decision-making – attributes highly valued by employers. The hands-on experiences gained during outdoor activities translate into real-world competencies that set students apart in their academic and professional pursuits.

DUKE OF EDINBURGH AWARDS



At Woodhouse Grove we recognise the Duke of Edinburgh's award as a great opportunity for our students to broaden their horizons, discover new interests and talents, have fun with friends, develop essential skills for their future and achieve an internationally renowned Award.



The DofE is non-competitive and is about setting personal challenges and pushing personal boundaries. We currently offers the Bronze and Gold DofE award with the pupils generally starting their bronze award from Year 10.

Through their DofE, students will make friends and memories and build traits like confidence, resilience and self-esteem, which can benefit mental health. They'll gain skills and attributes for work and life, like problem-solving, team-working and self-motivation – and they'll achieve an Award that is recognised by top employers and can help them stand out when applying for university or jobs.

To achieve their Award, participants must complete different sections: Skills, Volunteering, Physical and their Expedition. For Gold they must also complete a residential section. Every young person's DofE programme is personal to them - we will offer guidance and support – they can choose what they'd like to do for their Skills, Volunteering and Physical sections, and most activities can count. Activities for each section take a minimum of one hour a week over a set period of time, so they can fit around studying, hobbies and social lives.

The Expedition section involves the student working as part of a small team to plan their expedition's aim, choose a location and do some training to make sure they're fully prepared – before spending two days at Bronze and four days for Gold, camping in the countryside. Ahead of this, they will take part in the training covering basic expedition principles and introducing them to expedition equipment.



DofE Bronze Canoe & Gold Horse ride Expeditions

Our Duke of Edinburgh (DofE) program is a cornerstone of adventure education at Woodhouse Grove. For the DofE Bronze Award, students undertake a canoe expedition, with weekly training sessions at Yeadon Tarn to build their paddling skills. For the DofE Gold Award, students can take part in a truly unique experience, with the option to complete their expedition on horseback! This challenging and rewarding program is designed to push students to new heights, both physically and mentally.

ADDITIONAL ACTIVITIES

Team Building Days

We offer team building days to our Year 7, Year 12 and boarding students to help with social integration.



Adventure Days Years 7 to 9

Throughout the school year, students can sign up for special Adventure Days, featuring activities such as climbing, Paddlesports, and caving.

These day trips allow students to explore new challenges, develop outdoor skills, and bond with their peers in a fun and supportive setting.



Climbing

The Woodhouse Grove Climbing Club is open to all students. Whether you're new to climbing or a seasoned enthusiast, our club offers something for everyone. Climbing is also integrated into Games, and we regularly participate in competitions with local schools, giving our students the chance to showcase their skills and compete in a supportive



Adventure Expedition to Norway

This year, we're offering an extraordinary adventure expedition to Norway, where students will camp, hike, and sea kayak through the stunning Norwegian fjords. This once-in-a-lifetime experience promises to be as challenging as it is awe-inspiring, providing students with the opportunity to test their limits while exploring some of the most beautiful landscapes in the world.

Year 7 & Year 8 Adventure Residential

Our adventure residential offer unforgettable experiences for Year 7 and Year 8 students. Last year, our Year 7s enjoyed a PGL trip packed with outdoor activities and team-building.

