



## Brief Description

When conditions allow, we have a fantastic field appropriate for sledging, with one of the best views.

## PSHE and Wider Learning Outcomes

- Physical and mental health
- Confidence and self esteem
- Tolerance and respect for others
- Empathy

## Session Objectives

By the end of the session, students will

- Have a good sense of achievement
- Learn about the natural environment
- Developed Teamwork
- Challenged themselves and have a good experience of resilience

## National Curriculum Outcomes

**Forces:** identify the effect of friction, that acts between moving surfaces. Explain that unsupported objects fall towards the Earth because of the force of gravity acting between the Earth and the falling object

**Geography:** human geography, types of land use

**PE:** Develop strength, technique, control and balance

## Progression / Differentiation

This session isn't just about sledging, can also involve building snow shelters, snowman or other things out of snow.

## Vocabulary

**Activity words:** Sledging, sledge, slope, speed, control, stopping

**Weather words:** Snow, ice, weather, systems, fronts, occluded, precipitation, clouds

**Team work words:** Encouragement, listening, support, experience, participating, support, trust