



White Hill

Hill Walking

Brief Description

To experience a walk in the countryside :-

- Enjoy a shared experience with friends and peers,
- Raise awareness of increased cardiovascular and pulmonary fitness and diet
- Use an Ordnance Survey map
- Understand some of the issues around global warming and protecting the environment

PSHE and Wider Learning Outcomes

- Encourage curiosity of the natural environment
- Build stronger relationships
- Increase self-esteem and confidence
- Provide a sense of accomplishment
- Provide physical and emotional resilience and tolerance

Session Objectives

By the end of the session, students will

- Link industry, hill farming, bog ecology, water cycle, carbon cycle to help contextualise what 'protecting the environment' means
- Understand what cardiovascular and pulmonary fitness is
- Make links between features on the ground and relate them to a map
- Understand what team work is when striving towards a goal
- Have fun

National Curriculum Outcomes

Living things and their habitats

- Describe the life cycles of mammals, amphibians, insects and birds
- Describe the life process of reproduction in some plants and animals.
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

Maths convert between different units of metric measure

Geometry describe positions on the full coordinate grid

Progression / Differentiation

The students can choose what type of length and gradient of walk based on their experience and abilities.

The students can consider a lowland, upland, gritstone or limestone, bog or riverbank walk, or a mix and a progression based on their interests

The students can prepare and plan their own walk

The students can navigate themselves along the route

The students can research and investigate specific themes

Vocabulary

Global warming, ecology, competition, pollution, diet, nutrition, specialisation, variation