



## Brief Description

Millers Dale Adventure walk is an exciting experience of physical resilience and historical learning of the railway and its links to industry. Students will also learn about the values of the Peak District National Park.

## PSHE and Wider Learning Outcomes

- Physical resilience
- Learning and respect for the environment
- Working with others
- Mental health

## Session Objectives

By the end of the session, students will

- An understanding of the railway and its uses
- Gain understanding of the environment and how to look after it
- Learn how to safely and successfully put a climbing harness on
- Learn how to control their own speed when abseiling

## National Curriculum Outcomes

**History:** a study of an aspect of history or a site dating from a period beyond 1066 that is significant in the locality.

**Geography:** describe and understand key aspects of human geography, including: types of settlement and land use, economic activity including trade links, and the distribution of natural resources including energy, food, minerals and water

**Physical Ed:** take part in adventurous activity challenges individually and in a team

## Progression / Differentiation

If there are individuals who are nervous of heights, high rope sessions will be completed on site before the walk.

Individuals who are less able will be able to stay on the railway line with wheelchair access to part of the river walk, and the abseil

## Vocabulary

**Team working words:** Listening, encouragement, support, communication, achievement, trust

**Activity words:** Abseil, belay plate, climbing harness, viaduct, railway, lime kilns

**Environment:** Wildlife, tree identification, bird spotting, Peak District National Park