



Institute for Outdoor Learning



Mountain
Training

NNAS
a step in the right direction



SCHOOL ACTIVITIES & DEVELOPMENT



SCHOOL/COLLEGE TEAM BUILDING PROGRAMMES & OTHER EDUCATIONAL PACKAGES

Gateway Adventure's activity days are all about having fun and a good time, but there is an important element to all the enjoyable activities we deliver to participants.

Our aim is for all of our participants is, primarily, to facilitate the development of life skills which are applicable in adult life, for example leadership, cooperation, motivational and teamwork skills.

All our activities are tailored to the relevant year group involving an agreed programme. Usually, our activities are delivered on-site at the school, however, if this is not possible we can always deliver the same activities at another suitable venue such as a local park or Scout camp.

After a booking has been made and prior to the delivery of a course, Gateway Adventure will appoint a Course Leader who will oversee a group of Team Leaders for the day. This Course Leader will liaise with the school or organisation to discuss the needs of the students and school/college so that we ensure specific learning outcomes are incorporated throughout the day and that all participants enjoy a rewarding and exciting experience.

“ BEING OUTSIDE LEARNING NEW THINGS WAS GREAT FUN. I LEARNT SO MUCH ABOUT MY CLASSMATES. I WASN'T EVEN IN A LESSON!” HARRIETTE, WINDSOR



WHAT IS INVOLVED?

We offer different programmes and packages to suit your budget and objectives. These include On-Site School Activity Days, 2 & 3 Day On-Site Residentials, 2, 3 & 5 Day Residentials, Prefect Training Days, assisting GCSE & BTEC course work, School INSET and enrichment days.

We can also assist or provide activities and venues for end of year school adventure weeks and DofE residentials.

ON-SITE SCHOOL ACTIVITY DAYS

The programme we deliver will help bring out the individual's strengths and indicate areas for development.

We encourage our participants to rotate leadership roles within their team. On completion of a task our Team Leaders will carry out a review of the groups performance through plenary discussion.

Our on-site activity days are ideal for developing friendships at the beginning of the school year. It can also help the Teacher see their students outside the classroom and observe class dynamics and individual personalities that may not be apparent in a classroom environment.

Gateway Adventure has experienced Team Leaders who are able to pinpoint areas for development. The participant is advised how to develop their leadership and personal skills.

TEAM BUILDING ACTIVITIES

The team building activities that Gateway Adventure use are designed specifically for different year groups to avoid repetition of tasks each year.

Depending on prevailing weather conditions some of the tasks can be run indoors and we have a number of paper tasks as well.

2 & 3 DAY ON-SITE RESIDENTIALS

Gateway Adventure offer on-site residentials for the younger age groups ranging from Year 4 to Year 6 pupils.

They may be experiencing camping for the first time and therefore prefer to camp in a familiar environment such their school grounds.

Depending on the activities, some may be able to be organised off-site in a local park or woodland area. This could include bushcraft, wide games (which is an outdoor activity, usually between two or more teams) and basic camp craft.

The 2-3 day on-site residential is to offer the younger pupils the activities of the 2, 3 and 5 day residentials for older students. They will experience the same activities but simplified and less challenging to ensure they are not discouraged or excluded.

ACTIVITIES

See the following pages for a range of activities we offer.

NATURE
'LIVE YOUR DREAM'



2,3 & 5 MULTI ACTIVITY RESIDENTIALS

WHY IS TEAM BUILDING IMPORTANT?

Team building brings young people from different backgrounds together to accomplish a common goal and fosters tolerance and understanding.

Team members must find a way to co-operate and work together instead of having their own individual agendas or prejudices.

Challenge by Choice

Gateway Adventure operates a 'Challenge by Choice' policy concerning people on activities. This means we will not compel any individual to be involved in an activity they are uncomfortable doing, however, we find by experience that they will eventually join in after observing other team members reactions on completion of an exercise.

Comfort - Stretch - Panic

When a person feels 'comfortable' in doing an activity the learning is limited, but when the individual is 'stretched' their learning is increased. When they feel 'panic' it is very difficult for the individual to learn as "fight or flight" tends to take over and a survival instinct kicks in. We aim to 'stretch' all participants with appropriate activities.



"I WOULD LIKE TO CONGRATULATE GATEWAY ADVENTURE AND YOUR DEDICATED STAFF FOR THE ATTENTION TO DETAIL AND THE RAPPORT THAT YOU HAVE WITH BOTH STAFF AND STUDENTS. THANK YOU!"

MR SIMMONDS, RIDGEWOOD HIGH SCHOOL



WHAT ARE THE BENEFITS OF YOUTH TEAM BUILDING ACTIVITIES?

Gateway Adventure delivers its multi-activity adventure programmes at locations that have breathtaking landscapes and diverse geographical areas within the United Kingdom. Taking part in activities in these areas inspire parties that include inner city students to appreciate the great outdoors and their wider environment.

Team building games and activities can help young people learn cooperation, improve communication skills and learn to trust and respect for others.

Students who struggle with organising themselves will benefit from team members, learning techniques in order to solve a variety of functional tasks, using planning and their interpersonal skills to get the best out of the individuals within their team whilst learning from them.

Students who find social interaction difficult, have the opportunity to practice working and communicating with their peers. Getting involved and taking an active role during team-building activities can boost their self-esteem and create friendships.

THE GATEWAY ADVENTURE DIFFERENCE

Gateway Adventure's aim is to ensure all participants develop potential and have fun at the same time! Whatever activities we do, they are all designed primarily to enhance the learning of life skills.

Lifeskills

All our experienced instructors are skilled in developing and promoting a variety of life skills such as: Communication and leadership skills, environmental awareness, self reliance and team bonding.

Another element is time management, which is essential, as several of our activities use time management in order to make students aware of the consequences of poor time keeping.

Under the supervision of our experienced instructors, the teams could be responsible for a food budget for the duration of their residential and will have to learn to negotiate with other individual's dietary requirements.

Planning

Under supervision, the team will be responsible for planning and allocating roles within the team such as team leader, a time keeper to accountant and menu planner. This list is not exhaustive, there may be more roles the teams think they may need depending on team size, age and environment.

We provide itineraries for students of all age groups. 2-Day to 5-Day camping and residential programmes usually around the Peak District area because of it's central geographical location and it's ability to host a wide range of activities. However, other venues are available and will be dependant on your location and your planned itinerary and requirements.

"AWESOME TIME CAVING. THANKS
GATEWAY FOR A GREAT ADVENTURE!"
ISABELLE, LONDON

TYPES OF TEAM-BUILDING ACTIVITIES

Dependant on the overall goal you are trying to achieve, team building takes the form of a planned activities designed to teach specific skills. However, sometimes it's a less structured activity that is more fun but still 'stretches' the individual so they are still learning and gaining valuable life skills.

Activities Available

Depending on the venue and location Gateway Adventure's experienced Instructors and Leaders will introduce students to a range of new skills and activities including:

- Hill and Mountain Walking
- Map Reading and Navigation techniques
- Orienteering
- Rock Climbing and Abseiling
- Gorge Walking (Site specific)
- Kayaking, Canoeing and Improvised Raft Building
- Caving
- Off Road Cycling
- Camp Craft
- Ground Leadership Tasks/Team Tasks (Exercises in order to improve/assess teamwork and communication skills)
- High and Low Rope Courses
- Bushcraft
- Archery
- Mountain Rescue Scenarios
- The Country Code

END OF COURSE FEEDBACK

Giving feedback is an essential tool in the development of the learning experience. This feedback informs the learner of their progress whilst maintaining their interest and encourage them to achieve their goals.



PREFECT TRAINING

The Prefect is essentially the link between the school staff and it's pupils and therefore the role of a Prefect needs to include many skills that may not be present before undergoing any training.

These include life skills such as problem solving, time management, delegation and negotiation, as well as acting as a mediator between staff and pupils.

More and more schools are beginning to understand the value of a high quality Prefect training programme that enables the Prefects to develop the skills that are necessary for an effective performance.

Gateway Adventure offers a suitable training programme which can be tailored to your requirements and will enable your school Prefects to effectively communicate with a wide range of people within your organisation, including students, teachers, parents and school governors.

The aim of the Prefect training programmes are to enhance existing skills and develop new ones such as:-

- Integrity, self-awareness, emotional intelligence
- Respect, consideration and tolerance for the needs and views of others
- The ability to help those younger and less experienced than themselves
- Empathy and sensitivity
- Firm but fair discipline
- Reliability and good organisational skills
- The ability to work as part of a team
- Vision and ideas about the role of the students
- The ability to work constructively with adults
- Good communication skills
- The ability to solve problems
- Being an advocate of Anti-Bullying

Our programme includes:-

- Ice breakers (to help individuals get to know each other.)
- Team tasks
- Classroom based sessions on leadership and communication skills
- 'Sketch show' to demonstrate how a Prefect should interact with pupils and staff
- Open forum discussions dealing with a variety of situations



GCSE & BTEC COURSE WORK

Gateway Adventure can be on hand to aid with your delivery of your GCSE or BTEC courses and work closely with the school to ensure that the course and activities will be delivered within the guidelines of Ofqual's principles.

With regards to GCSE course delivery Gateway Adventure can assist with both the Physical Education (PE) and Geography syllabuses.

GCSE (PE)

There are a number of disciplines that are Ofqual approved that demonstrate a competitive or formal situation in which students can be assessed as part of a physical education qualification. These enable the student to be assessed as an individual or as part of a team over a period of time or as a residential.



Gateway Adventure can offer the following approved activities:-

• Orienteering

Involves walking/running anywhere from remote forest and countryside to urban parks and school playgrounds whilst navigating around a course using a detailed map and a compass. The aim is to navigate in sequence between a set of controls having to decide the best route to complete the course in the quickest time.

• Outdoor and Indoor Climbing

Many are outdoor activities whilst others take place on indoor climbing walls. Some are usually carried out with ropes to help manage the risks, whilst others, such as bouldering, are invariably done without ropes.

• Mountain Biking

Involves mostly cycling off-road. Generally, mountain biking takes place on rough terrain, which will usually be muddy and often contains rocks.

• Kayaking & Canoeing

Kayaks are generally closed-top boats and more often than not are single seaters. They usually sit lower in the water than canoes, which tend to have higher sides. Instead of sitting on a bench with their legs bending at the knee, kayakers usually sit on the floor of the boat with their legs stretched straight (or nearly straight) out in front of them.

Canoes are usually open-top boats, often designed to seat two or more people either sitting on benches running across the beam of the craft or kneeling down.

GCSE Geography/Geology

Fieldwork is crucial for geography/geology in its revised and more challenging curriculum at all levels and is essential that it is undertaken as part of the qualification.

GCSE specifications in geography or geology should require students to extend their local knowledge and to develop competence in maps, fieldwork and geographical skills as they study the content of the following four areas of geography:-

- Place: processes and relationships
- Physical geography: processes and change
- People and environment: processes and interactions
- Human geography: processes and change.



As part of the Geographical skills and fieldwork syllabus framework students need to ensure they cover the following areas:-

- Build on their knowledge of globes, maps and atlases and apply and develop this knowledge routinely in the classroom and in the field
- Interpret Ordnance Survey maps in the classroom and the field, including using grid references and scale, topographical and other thematic mapping, and aerial and satellite photographs
- Use Geographical Information Systems (GIS) to view, analyse and interpret places and data
- Use fieldwork in contrasting locations to collect, analyse and draw conclusions from geographical data, using multiple sources of increasingly complex information.

"I DIDN'T REALLY THINK I COULD DO THE HIGH ROPES ACTIVITY BUT AFTER I DID IT, I COULDN'T WAIT TO HAVE ANOTHER GO!" ETHAN, WOLVERHAMPTON

Gateway Adventure can offer Mountain Leaders to be on hand to guide your pupils in remote mountainous areas ensuring safety, whilst allowing the teacher to focus on the academic content.

For example; this could be with the use of one of our experienced Mountain Leaders taking you to places that you only read about in text books whether in Summer or Winter conditions. This will give students and staff access to more remote, unspoilt locations, adding to stimulation.

Under the guidance of our qualified, experienced instructors we can also offer caving/pot holing for students to see first-hand the geological processes of how cave systems have been formed over millions of years of natural erosion.

INSET & ENRICHMENT DAYS

INSET DAYS

Gateway Adventure is aware of the pressures that staff can be under within a school environment. This is where we come in!

We realise that school staff are sometimes just as much in need of a fun day of activities as the students they work with. Activities can take place off-site or we bring the equipment to you to create a staff inset day with a difference! Whether it is for a small departmental team or the entire school staff, our bespoke programmes provide a great opportunity for all job roles to interact in a fun, non pressured environment. This builds motivation for everyone involved to start the new school term with an added boost.

Whilst some schools are able to enjoy a full day of activities, others choose to combine their own start of year training with a school based half day activity session.

ENRICHMENT DAYS

Gateway Adventure offers on-site activities for age groups ranging from Year 4 right through to Year 13.

Depending on the location of the school, some may be able to be organised off-site in a local park, Scout camp or wooded area. This could include team building games, orienteering or bushcraft. For more detailed information please refer to our On-Site School Activity Days on page 3.

We can also work with Colleges and Universities to deliver higher qualification programmes to suit.





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