

# Inspired Adventure Centre



## Outdoor Learning Sessions

Outdoor learning is a way of life for us and we want others to understand the benefits of using the environment and it's inspiration for developing young minds. Outdoor education helps boost creativity, develop resilience and understand the world we are in. We are passionate about passing on our knowledge and helping schools keep their curriculum going outside the classroom. We have developed our activities with schools learning outcomes in mind and use learning and development models to help students get the most out of their outdoor sessions. All our staff have varied backgrounds in the outdoors and education and want to use this to benefit others. We want to work alongside you and your school to meet your learning outcomes and curriculum requirements.

### 3 Step Process

**Step  
1**

#### How many sessions do you want

Once a week for a term, half term, one off or a whole year program.

**Step  
2**

#### Choose your session theme

Team Development  
Fire  
Food  
Survival  
Communication  
Navigation  
Equipment

First Aid  
Shelters  
Water

Orienteering  
Knots and ropework  
Young Star Navigator Award  
(YSNA) Bronze, Silver & Gold

National Navigation Award  
Scheme (NNAS) Bronze,  
Silver & Gold  
Night Navigation  
Inspired Award Programs  
as outlined overleaf

**Step  
3**

#### Tell us who it is for and what your learning outcomes & objectives are so we can tailor it for you.

We will then design & send a bespoke proposal for you based on what you have told us.

# Young Expeditions

## The Inspired Award Program



This program is designed to be a frame work for the weekly sessions and give the participants goals to work towards and a sense of development and achievement. Below are the goals they need to reach by the end of the designated time to get each award. It encompasses some of the session ideas outlined over-leaf and can be used as a standalone model or for termly/yearly planning.

### Inspired Bronze Award - Years 3 & 4

Pupils will:

- Display development in teamwork skills and understanding of others
- Have completed their Bronze Young Navigator Star Award (YNSA)
- Have completed the Inspired Navigation training & Quiz
- Have completed the Inspired Bushcraft training & Quiz
- Complete the First Aid Introduction course

### Inspired Silver Award - Years 5 & 6

Pupils will:

- Have completed their Silver Young Navigator Star Award (YNSA)
- Display competent teamwork skills
- Display leadership skills within a group of peers
- Completed the Inspired First Aid on Expedition course
- Display competent Bushcraft skills
- Have completed their Paddlepower start award
- Have learnt or started a new sport or skill.
- Help someone in a lower year group with their Inspired Award, with evidence
- Complete an overnight camp, cooking their own food and sleeping in a tent

### Inspired Gold Award - Years 7 & 8

Pupils will:

- Have completed their Gold Young Navigator Star Award (YNSA)
- Plan and deliver a session to teach to Years 1 – 4
- Display advanced teamwork skills
- Complete the Advanced First Aid quiz
- Have started their Paddlepower Passport award
- Complete a day expedition followed by an overnight camp
- Help someone in a lower year group with their Inspired Award, with evidence.