



## SURVIVAL SKILLS:

Vital skills and thrills from expert hands

Key Stage 2

<b>Aim:</b> To provide students with an exciting opportunity to build confidence, teamwork and practical outdoor skills in a woodland setting. Through hands-on activities like shelter building, fire lighting and knot tying, students will learn how to navigate and thrive in nature. This experience not only enhances their resilience and self-esteem, but also fosters a sense of teamwork and mutual support that goes beyond the classroom.	
<b>Key Stage 1 &amp; 2 Curriculum:</b> Survival Skills links to several areas of Key Stage 1 & 2 curriculum, particularly within subjects such as: Science, Geography, Physical Education, Personal, Social, Health and Economic Education (PSHE), and Art and Design.	
<b>Resources Required:</b> <ul style="list-style-type: none"> <li>• Outdoor clothes</li> <li>• Waterproof shoes</li> <li>• Packed Lunches</li> </ul>	<b>Adult requirements:</b> School Adults — 1-10 Leighton Adults — 1-15
<b>Prior Learning:</b> No prior learning required.	
<b>Objectives:</b> <ul style="list-style-type: none"> <li>• Skill development</li> <li>• Teamwork and social growth</li> <li>• Confidence and self-esteem building</li> <li>• Environmental connection and awareness</li> </ul>	
<b>Activity plans:</b> MORNING 10:00 – 12:00 <b>In the Woodland</b> Shelter building and introducing knot tying Reflection of each other's dens  LUNCH 12:00 – 12:30 <b>In the woodland setting if the weather allows, otherwise an indoor space will be provided</b>  AFTERNOON 12:30 – 2:30 <b>In the Woodland</b> Fire lighting basics, followed by a team fire lighting challenge, ending with marshmallow tasting Reflection wraps up the day. The Forest School practitioner will also introduce some games when needed throughout the day.	