

ACTIVITY
WALKING

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to basic hill walking

Description: An opportunity to learn basic hill walking skills and develop confidence on the trails through a variety of games and exercises that take place on designated walking routes around Loch Insh and the forest of Inshriach. To spot and understand the wildlife we encounter through quizzes and exercises.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the importance of group control, respect for the environment and others users of it . • Observing general good practice for journeying and being in the outdoors, leaving the place as you found it. • Keywords: Flora, Fauna, Local species of each. 	<ul style="list-style-type: none"> • To recognise the perceived risk of the activity and how this is controlled by safety equipment and instructions • To be able to respond to instructions when asked to. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand • To demonstrate a basic understanding of the countryside we are passing through • To work as a pair or small group to find clues or spot signs of activities of the inhabitants of the wood and marshland.