

South West Adventures School Activities – National Curriculum

Activity – Catapult Building

Students will have the opportunity to craft their own catapults using natural materials and practice launching their own mini boulder! This activity not only sparks excitement but also offers a hands-on journey into the history, unveiling the engineering marvels of ancient warfare.

How catapult building links to the national curriculum?

History: Catapult building could be integrated into the history curriculum as a hands-on way to explore and understand historical engineering, warfare, and technological advancements. Students will learn about the evolution of siege weapons, their significance in various historical periods or conflicts, and the impact they had on military strategies.

- Understand how catapults were used in medieval times.
- Explain the siege of Rochester Castle.
- Evaluate the most effective ways of attacking and defending a Castle and learn how difficult medieval siege warfare was.

Science: Catapult building integrates various scientific principles. It involves understanding concepts such as potential and kinetic energy, force, and motion. Students will learn about the transfer of energy when the catapult is loaded and released, the relationship between the lever arm length and the projectile's distance, and how different materials and designs affect the catapult's performance. This hands-on approach connects theoretical scientific concepts with real-world applications, fostering a deeper understanding of physics and engineering principles.

- Describe how force affects the motion of a projectile.
- Explain and compare the meanings of accuracy and precision.
- Explain the optimum angle for launching a projectile the farthest distance.

Skills that will be developed:

Problem solving: Catapult building encourages children to lead their own learning by asking questions and justifying their decisions.

Communication skills: There are also many opportunities for peer support and feedback that can develop communication and team building skills.

Activity – Fire Lighting

Students will be taught how to use a flint and steel, how to identify and collect tinder (e.g. bark, seed heads, mouse, rat and cat tail sized twigs), how to find a suitable fire location, key fire safety rules and the different build techniques. The groups will start by practicing lighting cotton wool in a scallop shell using a flint and steel, then move into building their own fire.

How fire lighting links to the national curriculum?

Science: Understanding fire involves principles of chemistry, specifically combustion. Students will learn about the elements required for fire (fuel, heat, oxygen) and the chemical reactions involved in combustion. They will explore concepts like ignition temperature, oxidation, and heat transfer.

History: Historically, fire played a pivotal role in human civilization. Exploring the historical context of fire's discovery and its use throughout different periods can be integrated into history lessons.

Skills that will be developed:

Fine Motor Skills: Process of using the flint and steel requires coordination.

Resilience: It takes patience and perseverance to successfully use a flint and steel to light a fire.

Activity – Woodland Walk and Talk (site dependent)

Students will be taken on a woodland walk

with their own guide who will share their knowledge of native species and the forests' wild residents! This activity offers an active way to discover the secrets of the forest and the wonders of flora and fauna. The walk will be followed by the blindfolded snake walk to test communication skills and trust. The blindfolded group will be led in a line with the head of the snake moving through the woodland terrain.

How does the woodland walk link to the national curriculum?

Geography: Studying flora and fauna in native historical British woodlands can be incorporated into the geography curriculum as a part of environmental studies or physical geography. It allows students to understand ecosystems, biodiversity, and the impact of human activities on natural environments. By exploring native woodlands, students can learn about the geographical distribution of species, adaptations of plants and animals to their environment, ecological relationships, and the significance of preserving these habitats. This hands-on experience can also foster an appreciation for the local environment and its role within the broader geographical context.

Skills that will be developed:

Identification: Student will be able to identify different species of flora such as tree breeds and pioneer ground level plants.

Critical Thinking: Students will analyse, interpret and draw conclusions based on their observations of the forest.

Activity: Archery

Students will experience the art and thrill of archery—a timeless pursuit blending precision, and focus. Young people of all abilities can participate. It can give students a strong sense of personal achievement as they get to grips with their new found skill. Our archery sessions will be led by an experienced instructor who will teach students the correct stance, shooting skills and commands so they can unleash their inner Robin Hood!

How does archery link to the national curriculum?

Archery can be integrated into the national curriculum in various ways, aligning with educational objectives across multiple subjects.

Physical Education: it contributes to motor skill development, coordination, and physical fitness. It also promotes mental focus, discipline, and perseverance, which aligns with personal development goals.

Skills that will be developed:

Self-discipline: Students will need to regulate their emotions and become self-aware, e.g., be disciplined in their breathing and stance.

Balance and Coordination: Students will develop their coordination and balance by

Enrichment Activities

Activity: Fort Building

Students will be taught how to select the best shelter spot, the different types of forts that can be built and what materials will be needed. Groups will then collect their materials and begin making their own fort. Fort building is an excellent enrichment activity that involves physical activity, coordination, and collaboration.

Skills that will be developed:

Analysis: Students will need to analyse the most suitable location for their forts, taking into consideration safety, the ground, and wind direction. Students will also need to plan a process for the build of their fort.

Collaboration: Students will need to utilise their communication skills and work collaboratively to collect their materials and build their forts successfully.

Activity: Fairy/Goblin Village

This arts and craft activity is much loved by younger students and combines the magic of storytelling with creativity. Groups will work with clay, building their character whether it's a naughty goblin or a magical fairy. They will then collect natural materials to build their miniature goblin/fairy villages. This session is child led and is all about giving the children freedom to be creative.

Skills that will be developed:

Creativity: Students' imagination will be ignited. They will work with clay and natural materials to create their own fairy/goblin and their new village.

Activity: Axe Throwing

Axe throwing is an incredibly fun activity, suitable for children aged 10+. Groups will have their own 'Axe Coach' on hand to teach students the correct techniques so that they can safely handle and land the axes. A friendly competition can also be run for students with a top score prize.

Skills that can be developed:

Active Listening: Students will need to listen to their instructor to learn the correct stance and techniques so that they can successfully learn the new skill of axe throwing.

Hand Eye Coordination: Students will develop their eye hand coordination skills by handling and throwing the axes.