

Key Stage 3

Summit

Overview



Weekly Structure

- One extended session
- Delivered in-site (school grounds/local green space) and off-site (woodland and nature reserves)

Term 1

Foundations & Team Building

Week 1-2

Introduction to OAA (Outdoor Adventurous Activities)

Safety protocols, group agreements, confidence-building exercises

Week 3-4

Teamwork & Communication

Low-ropes, trust exercises, mapping squad roles

Week 5-6

Problem-solving & Resilience

Plan-Do-Review cycles, orienteering challenges



Environmental Literacy & Skills

Term 2

Week 5-6

Outdoor Science

Physical science outdoors: states of matter, environmental observations

Week 3-4

Tiny Forests & Biodiversity

Tree-planting, biodiversity log keeping, ecological impact study

Week 1-2

Naturehood Citizen Science

Local habitat surveys: butterflies, hedgehogs, freshwater monitoring



Term 3

Physical Fitness & Outdoor Activities

Week 1-2

Intro to Fitness & Adventure Skills

Fitness assessments, safe use of climbing/bouldering techniques

Week 3-4

Outdoor Challenge Events

Ninja-warrior-style obstacle courses, climbing walls

Week 5-6

Leadership & Planning

Student-led activities: plan a mini expedition or nature clean-up



Skill Progression

- Navigation and map-reading
- Leadership and communication
- Physical fitness preparation
- Environmental stewardship
- Citizen science methodologies

