

Secondary Courses – Teachers Handbook

A residential course at Pendarren can be one of the high points in a young person's life and at the same time make a significant contribution to their social and personal development. Courses are run in a friendly and caring atmosphere, and the blend of stimulating outdoor activities, field studies and evening work make for a memorable and truly educational experience.

Haringey's parents, school governors and head teachers can be assured that Pendarren courses are organised by qualified teachers with many years experience in Outdoor Education. All hold a current first aid certificate and additional qualifications awarded by National Governing Bodies of the sports undertaken. Students are encouraged to adopt a sensible approach to the activities to enhance safety and enjoyment. Outdoor activities are conducted following strict Codes of Practice. These dictate ratios, equipment, clothing and emergency procedures. They also give guidance on good practice for staff to follow. The venues for field studies and adventure activities are carefully considered and chosen to suit the level of ability and age of the students involved. Most of the activities have strong cross curricular links to broaden and enrich student's experiences. During the course students review and recount their experiences in various forms, contributing to many aspects of the curriculum.

Please use this handbook to inform your discussions with the Pendarren staff while preparing a course for your students.

Visiting Staff Role

The visiting staff are the key to the success or otherwise of the course. Ideally the staff who accompany the pupils to Pendarren should be involved in all stages of the planning and preparation of the visit. The visit needs a clear purpose which pupils are aware of and staff should feel comfortable with all the pupils they bring. Time should be found before the visit for a group meeting where expectations can clearly be laid down and the active and inclusive nature of the course can be spelled out.

It is important that all paperwork is correctly completed and returned to Pendarren at the appropriate time in accordance with the current guidelines for Educational visits.

A successful course requires an effective working partnership between Pendarren staff and the visiting teacher. During adventure activities Pendarren staff will take a leading role with the visiting staff providing a supporting role. In the evenings this partnership is reversed with the visiting staff leading the evening programme with the available Pendarren staff in a supporting role. Reviewing and logbooks provide a formal element and recreation time, whilst less formal still requires careful supervision

The residential experience is an important and integral part of the course and gives opportunity for students to participate practically in living together. Students are given the responsibility for their belongings, specialist equipment, recycling and general housekeeping. This will include amongst other things dining room duties and keeping their rooms tidy.

A successful course can provide formative experiences for both students and teachers. Many teachers who appreciate the potential of the Pendarren experience return year on year. At Pendarren we appreciate the commitment and enthusiasm of visiting teachers without whom the Pendarren experience would not be possible.

Mission Statement

The Pendarren experience supports physical, emotional and intellectual development through challenge, adventure, reflection and responsibility.

Course Aims

- To develop an understanding of living and working together
- To provide experience of a variety of outdoor activities
- To promote an awareness of the natural environment
- To allow personal development through new experiences

Course Description

This course is designed for Key Stage 3 students, specifically year 8, but can be adapted for year 7 or year 9 students. The course is built around the daily activities which will vary with the time of year, weather conditions and the state of the party. Each session will normally include a briefing, explanation about use and care of equipment, the activity itself and time for reflection on what has been achieved. The course programme will be made up of full or half day sessions of the following activities;

canoeing, caving, climbing, high rope course, kayaking, mountain walking, adventure gorge walking, coasteering, orienteering and team building.

Visiting staff are encouraged to contact the centre to discuss the programme prior to their visit. The activity sessions can be physically demanding, require perseverance and may take place in bad weather. However our aim is to provide a positive experience with a sense of achievement that is within the capability of all group members. The residential aspects of the week together with the evening follow up work form an important part of the course. It is worth remembering that in the winter possibly only half the waking hours will be of daylight.

Specialist Secondary Courses

In consultation with schools we can organise and deliver bespoke courses. These can be based around coursework and/or assessment needs or any other areas of the National Curriculum. These courses require special planning and consultation with Centre staff. Here are some examples of previous courses run at Pendarren;

- GCSE and AS/A2 level PE
 - Hill walking
 - Canoe / kayak
 - Climb
 - Cave
- GCSE and AS/A2 level geography field work
- GCSE and AS/A2 level biology fieldwork
- Sports leader awards
- BTEC
- SATs improvers
- Drama weeks

Evening Activities

The evening activity sessions are an integral part of the Pendarren course. Visiting staff run these sessions with resources provided by Pendarren staff. To ensure the best outcome the following format is followed.

1. a group review session, there are guidance sheets available to structure this
2. filling out of logbooks, discussion and groupwork activities
3. Structured free time, less formal activities will make your life easier in the absence of TV and computer games. Some thought to this prior to your visit will enhance this time, some ideas that have worked well for groups include
 - a. quiz nights
 - b. table tennis competitions (let students organise it)
 - c. talent shows / performances based on the week
 - d. awards evening
 - e. party games

There are some facilities available at Pendarren for use in the evenings

- Computer suite with internet access
- Smartboards
- DVD / video player
- Stereo system
- Table tennis
- Table football
- Board games
- If weather is suitable and daylight available
 - Football
 - Volleyball
 - Parachute games
 - Low ropes course
- Swimming pool (summer and early autumn terms)

Mapping of general outdoor activities course to the National Curriculum

The KS3 course has been designed to support the work of schools in raising achievement and provides opportunities for introducing or building on a variety of aspects of the National Curriculum.

Key Skills

As a general guideline for teachers listed below are the areas that can be supported by the yr8 course. It is possible to target specific key skill areas during the course.

Application of number

Using diagrams * Using maps * Using other methods

Communication

Discussions * Presenting * Reading & obtaining information

Reading & synthesising information * Writing documents in general

Organising information * Using a range of sources of information

Using different forms/styles to suit audience * Using different forms/styles to suit situation

Using specialist vocabulary/language/notation

Improving own learning & performance

Setting targets * Using a plan

Reviewing progress & achievements

Information technology

Using ICT to find information * Using ICT to develop information

Using ICT to present information

Problem solving

Confirming/identifying problems & options * Planning & trying out options

Checking if problems have been solved

Working with others

Planning work * Working towards objectives

Identifying objectives * Reviewing work

Working in groups * Working in pairs

Thinking Skills

Creative thinking

Generating ideas * Hypothesising

Applying imagination * Seeking innovative alternatives

Enquiry

Asking questions * Defining questions for enquiry

Planning research * Predicting outcomes

Anticipating consequences * Drawing conclusions

Evaluation

Developing evaluation criteria * Applying evaluation criteria

Judging the value of information and ideas

Information processing

Finding relevant information * Sorting/classifying/sequencing information

Comparing/contrasting information * Identifying and analysing relationships

Reasoning

Giving reasons for opinions/actions * Inferring

Making deductions * Making informed judgements/decisions

Using precise language to reason

The course has been specifically designed to directly support the programmes of study for three curriculum areas, these are mapped below.

PE

Knowledge skills and understanding *1a, 1b, 2a, 2b, 2c, 3a, 3b, 4a, 4b, 4c, 4d*
Outdoor and Adventurous Activities *11a, 11b, 11c, 11d*

Citizenship

Knowledge and understanding about becoming informed citizens *1b, 1g, 1i*
Developing skills of enquiry and communication *2c*
Developing skills of participation and responsible action *3a, 3b, 3c*

PSHE

Developing confidence and responsibility and making the most of their abilities
1a, 1b, 1c
Developing a healthy, safer lifestyle *2b, 2c, 2f, 2g, 2h*
Developing good relationships and respecting the differences between people
3a, 3b, 3c, 3d, 3h, 3i, 3j, 3k
Breadth of opportunities *4a, 4b, 4c, 4f, 4g*

Contacting Pendarren

Please contact Pendarren House OEC prior to your visit to discuss arrangements with your course director. This can be done by email or phone

Email office@pendarren.org

Tel: 01873 810694

Website www.pendarren.org

Pendarren House Outdoor Education Centre
Llangenny
Crickhowell
Powys
NP8 1HE