

WEC SEALS GROUP 1 SCHOOL VISIT TO UFTON ADVENTURE JANUARY 2018

“One’s mind, once stretched by a new idea, never regains its original dimensions.”
Oliver Wendell-Holmes

Objectives for the visits

Raise self esteem
Enhance empathy skills
Build wider friendships and understanding
Develop Tenacity

All the activities offered support these objectives and use the Ufton Ladders of Success as framework.

Number of children

21 Children – Residential Visit 3

What activities did the children take part in?

Team building & problem solving – Ball balance, Circle sit, Human Knot, Scrapheap challenge, Campfire

Individual challenge- Low ropes challenge, shower proof shelters, Farm duties

Maths & Science skills- Ufton Bake Off –what nutrition does a human need? The 3 elements challenge working together to solve mathematical challenges

English Skills – Dangling Doughnuts -fire lighting together to release the dough nut bag. Review and reflection

Review and reflection

We discussed goal setting and the expectations for their visit. We updated the passports recording learning and discussed the successful learning behaviours which we call the Ufton 4 R’s:



Resilience
Readiness
Reflection
Responsibility

Children use their Ufton passports to identify skills learned and awards earned. They discuss with each other, school and Ufton staff what they have learned and to what extent they believe they have tried it, are getting it or have got it. This is the Ufton skills development approach. Each time a child comes to Ufton Adventure we make it a little bit harder, we might take something away or develop the complexity of a task, there is progression in each visit and new skills are learned.

‘Tried it, Getting it, Got it’
The Ufton skills development approach



Learning outcomes

We focus on the development of the following skills through our outdoor education programmes.

Ufton 10 Key Outcomes approach

1. Positive Attitude to Challenge
2. Confidence
3. Social Awareness
4. Environmental Awareness
5. Activity Skills
6. Personal Qualities
7. Key personal Skills
8. Health and Fitness
9. Increased Motivation and Appetite for Learning
10. Broadened Horizons

What did WEC children say?

"I feel more confident"

"I'm happy"

"I am excited to try new things"

"I can set myself a challenge"

"It's a new adventure to try new things"

"I need to make sure that others notice my ideas"

"I should spend more time outside"

"It makes me feel like I want to make friends"

"I can communicate more"



What did WEC staff observe?

"Quieter children started sharing their ideas"

"Children encouraged each other"

"Children dealt with losing a game much better"

"Children didn't give up"

"Over the 3 visit we have seen children's confidence increase and they are becoming more resilient"

"A boy who wouldn't write at school is now doing so and that's because he has been successful in the activities, leading his group and having his ideas heard"

"Because the achievement have been linked to school throughout, they are more confident and successful"

What did the Ufton team observe?

For our review session, I decided to mix things up and go for a walk and talk with my group. They chose their way through the forest and around the site and we stopped at different places to talk about their Personal Action Plans. When we arrived at each of our destinations we'd have a little explore and introduce a question and encourage discussion then write their ideas down on their forms.

The wealth of variety and depth of thought in their answers and discussions astounded me and garnered some incredibly useful results.

I was just so impressed by their grip on the targets and their ideas of how to harness them going forward, that's my wow moment this week!