



# Hiking (offsite)

learnlink™

## About the activity

Your pupils can discover the natural beauty of the local surroundings around their PGL centre on a hike led by our staff. We'll organise activities and set tasks to help your pupils get the most from the experience.

## Activity aims

### The aim of this activity is to:

- Allow guests the experience of walking appropriate to their ability level & available routes.
- Increase fitness & appreciation of the surrounding landscape.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished & assess their experience.

## Progression opportunities

### Some participants may also:

- Participants can be given more responsibility for leading & navigating as the session progresses.
- Changing ground conditions & terrain may provide more physical challenges.
- Be able to assess risks and understand how these may be controlled.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Outdoor confidence
- Some fitness advantages

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on safety instructions received.
- Understood how walking can improve their health & physical fitness.
- An understanding of how walking affects the human body.
- Maths & science development, when associated tasks are incorporated.
- Effectively worked as a team supporting their peers throughout the activity.
- Contributed to a post activity review led by the instructor, identifying their experiences & recognising their achievements.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. appropriate clothing, route card, instructions, safety equipment.
<b>Words relevant to equipment</b>	e.g. map, compass, ruck sack, walking boots, survival shelter, survival bag.
<b>Words relevant to the activity</b>	e.g. pace, leader, direction, gradient, timing.
<b>Words relevant to teamwork</b>	e.g. achievement, communication, encouragement, listening, participation, review.