



Enriching lives at UFTON

CHRIST THE KING PRIMARY SCHOOL
IMMERSION 3RD VISIT TO UFTON ADVENTURE FEBRUARY 2020



"You're braver than you believe and stronger and smarter than you think"
– A.A.Milne



OBJECTIVES FOR THE VISIT

To develop self-regulatory skills using social and emotional ladders of success; to develop curriculum knowledge for STEM; to develop Leadership Skills

All the activities offered support these objectives using the framework of Ufton Ladders of Success

Some of the activities the groups take part in:

STEM

These activities develop Science, Technology, Engineering and Maths (STEM) skills through practical team activities.

- Ballistic challenge and build
- 'Egg'cellent Parachutes
- Rocket Car

Personal Development

These activities allow young people to make decisions and take responsibility for their actions. They learn how their actions affect other people.

- Woodland Walk
- Invasion games
- Early Bird Duties



AQA accreditations

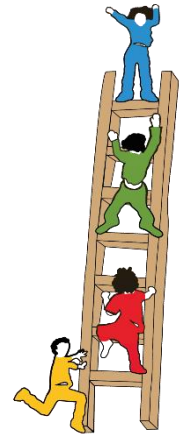
These allow the young people attending Ufton Adventure to gain real qualifications and they show that learning and succeeding is something they can do. They also increase appetite and enjoyment for learning.

- Low Ropes
- Doughnut Challenge
- Archery
- Frisbee Golf



Ufton Ladders of Success

- **Well Being** – Start where you are. Use what you have. Do what you can.
- **Empathy** – Seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.
- **Self Esteem** – Wanting to be someone else is a waste of the person you are.
- **Friendship** – You can't stay in the corner of the forest waiting for others to come to you. You have to go to them sometimes.
- **Tenacity** – Genius is 1% talent and 99% hard work!



Ufton Passports- developing emotional intelligence

Ufton passports are a vital part of our Ufton Adventure programme. Not only do they record the achievements of the young people who visit, they also help reinforce the message that every child is capable of learning and developing their skills. The passports aim to help a young person:

- Raise Self-esteem
- Enhance Empathy Skills
- Build Wider Friendships and Understanding
- Develop Tenacity

At the end of a series of visits children are given their passports to take home as a permanent record of their learning journey at Ufton and of how they have developed as individuals.

They return to school with a renewed enthusiasm for learning and real pride in their achievements.



What did Christ the King children say?

I enjoyed shelter building and archery because they were fun and tactical.

I feel even better about trying new things, because I know I can accomplish more things.

I like having fresh air and makes me fresh every day.

I feel good about trying new things because I (am) learning things I have never learnt before.

I enjoyed archery and invasion games because we got the chance to be with our friends.





I have learnt that I am better than I think I am.

I enjoyed the farm and the ballistic build because I got to feed the animals and because I like shooting the balls in the parachute.

I want to spend more time outside because the stars are AMAZING at night and it was so much fun playing invasion games in the woods.



What did the Ufton team observe?

Ufton leader Richard observed: The visit started with a focus on STEM work with a session of Ballistic Build. The groups were able to show their lashing and trapping work on the ballistic launchers and soon had some solid structures. In the afternoon the group worked on their target skills with a session of indoor Archery under the guidance and coaching of the leadership group. Some fantastic shooting throughout as well as excellent, calm and measured coaching from the leadership students.

To work toward their AQA in fire lighting, the personal development group did a session of Doughnut challenge, all students got stuck in with the wood collecting along the way and proved very knowledgeable when it came to the building and prepping of a fire as well as all the safety rules that come with it.

The whole school joined together for the final session of the visit with a variety of Invasion games, all the students got involved and thoroughly enjoyed all of it.

Ufton leader Giles observed: I worked with the leadership group this visit and we spent time working as a team and helping support each other. During our shelter building session we split the group into people they wouldn't normally work with. All the group got on with it and they showed great tenacity when their knots came undone and no one complained or gave up. They all did very well and we had a really in-depth reflections session talking about strengths and weaknesses in each structure, what went well and what we could do to improve the structures.

'Tried it, Getting it, Got it'
The Ufton skills development approach



Ufton leader Cameron observed: Working with the CTK stem group was a really enjoyable few days. As this was their third visit, we all knew each other quite well and they immediately reverted back to the instructors' nicknames they came up with on previous visits. This meant that during break times it was perfectly natural for us to join them playing basketball and football, which was a really nice addition to the usual sessions.

During activities, the moment that stood out to me the most was during a visit to the farm. One of the girls was very scared of feeding the sheep to the point she stood back from the fence and refused to go near them. Upon seeing this, the rest of the group encouraged her and helped her to overcome this nervousness and feed the sheep from her hand, at which point her face lit up and she was overcome with excitement. Upon visiting the farm the next day, she got straight into feeding the sheep and was thrilled to feed the goats immediately after, which she missed out on the first day.



Encourage Leadership

Tenacity Excitement