

Enriching lives at

UFTON



CHRIST THE KING PRIMARY SCHOOL YEAR 5  
VISIT TO UFTON ADVENTURE OCTOBER 2019

"Alone we can do so little; together we can do so much."  
Helen Keller



### OBJECTIVES FOR THE VISIT

**Develop self-regulatory skills using social and emotional ladders of success; to develop curriculum knowledge of STEM and to develop leadership skills.**

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

### What activities did the groups take part in?

#### All

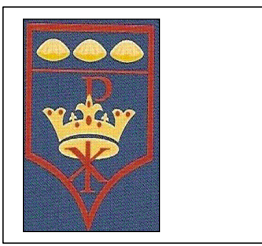
- Parachute games
- Evening Games Box
- Evening Campfire
- Wide Games

#### Personal Development

- **Site walk** – get to know the Ufton Site and boundaries
- **Photomapping** – Finding photographic clues around the site.
- **Group Fire** – make it, relax and discuss how Ufton will help the children.
- **Archery** – Learn how to hold the bow and shoot arrows towards the targets. (AQA)
- **Forest Eye** – learn how to make a forest eye.
- **Low ropes** – learn how to look after each other. (AQA)

#### STEM

- **Low ropes** – learn how to look after each other. (AQA)
- **Krazy Racers** – design, make and evaluate a car.
- **Early bird duties** – feed and groom the animals
- **Vicious Vikings** – train to be a Viking warrior.
- **Voyaging Vikings** – travel the seas to distant lands.
- **Mental Calculations** – Play 101 to 501 to practice mental addition and subtraction.
- **Archery** – Learn how to hold the bow and shoot arrows towards the targets. (AQA)



## Leadership

- **Photomapping** – Finding photographic clues around the site.
- **Teach Personal Development team photo mapping.**
- **Low ropes** – learn how to look after each other. (AQA)
- **Forest Eye** – learn how to make a forest eye.
- **Teach Personal Development Forest Eye.**
- **Reflect and Review.**
- **Early bird duties** – feed and groom the animals

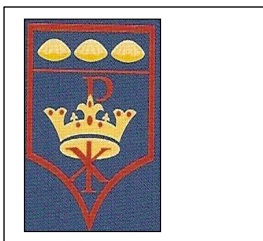
## Children learn the Ufton 4R's ....



## Target setting

- Wellbeing and friendship questionnaires.
- Opportunity to review the first activity and set goals and expectations for the residential.
- Introduction of Ladders of Success, Passports and 4Rs.





## What did Christ the King children say?

- If you're in a group you need to encourage each other, you can do it.
- (I'd like to do more) Low Ropes, because I loved the challenge and we used a lot of friendship.
- I enjoyed the low ropes and the campfire because the low ropes required a lot of teamwork and the campfire was really fun because of the songs and stories.
- I feel more confident about doing new things here.
- (I enjoyed spending more time outside) because it gives me a break from the stressed times.
- Three important things I have learned about myself at Ufton are: I can keep myself safe, I don't give up and I love the outside more.
- I feel proud of myself.
- I really want to try new things.
- I enjoyed low ropes and photo mapping because it includes friendship and I like doing it.
- Ufton would be even better if it stayed this way forever.



## What did Christ the King teachers say?

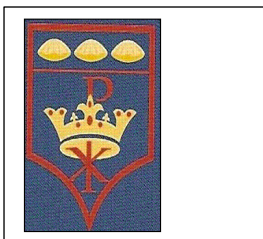
- Many children have developed their confidence, self-belief and have tried many things they have never done before. The Viking aspect was very well done and has met the curriculum need.
- One girl really wanted to go home both nights but stayed the whole trip and (she's) usually quiet at school and she has come out of her shell.
- One child in my group started to be more positive almost instantaneously.
- Some children were willing to try new activities without making a fuss.

### PERSONAL DEVELOPMENT LEARNING OUTCOMES

We use our Ufton Ladders of Success to break down difficult concepts of Empathy, Self Esteem, Tenacity, Friendship and Wellbeing.

Through purposeful outdoor education we show children how to keep going and not to give up. We show children that they can achieve so much more than they thought they could.

Our aim is that the learning that takes place at Ufton is both transferable and built upon back in school.



## What did the Ufton team observe?

**Our Ufton Leader Giles observed that ...**Working with our STEM group we did a session looking at friction and how surfaces can affect a moving object. The idea is we are able to bring the learning in the classroom alive and take it outdoors to give the children the practical and visual knowledge. My group we able to identify which surfaces were rougher and smoother and then guess what effect it has on the car that they made and designed from K'nex. During the review at the end of the session they each gave me a statement which consolidated their findings from the tests we did and they were all really engaged throughout and had great fun rolling their car down the ramp using different surfaces.

Another session we did with STEM was darts and playing a game of 101. Not only did this give them a chance to work on their fine motor skills of throwing with precision but also their ability to do quick maths with addition and subtraction. To which they did not even realise they were doing as they thought it was part of the game and was only when we reviewed the session that they realised that they did it and how good they were at doing it.

