



Enriching lives at

UFTON



CHRIST THE KING PRIMARY SCHOOL YEAR 4 CLASS
VISIT TO UFTON ADVENTURE SEPTEMBER 2019



"We are what we repeatedly do. Excellence then is not an act but a habit "
Aristotle



OBJECTIVES FOR THE VISIT

Develop self-regulatory skills – Communication Self-esteem
Empathy Friendship Tenacity Wellbeing

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

What activities did the groups take part in?

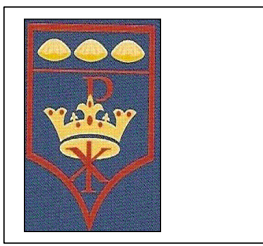
- Team building and problem solving games
- Target setting – Introduction to Ufton Ladders of Success and Ufton 4Rs
- Archery – Learn how to hold the bow and shoot arrows towards the targets.
- Photomapping – Finding photographic clues around the site.
- Campfire and games.
- Blind Trail – Play some blindfolded games.
- Dream catcher – Collect woodland items to create a dream catcher.
- Reflect and Review
- Wide Games

Children learn the Ufton 4R's



The Ufton 4R's

Respect ✓
Responsibility ✓
Resilience ✓
Reflection ✓



Review and Reflection - We discussed the following objectives:

1. What challenges have you set yourself?
2. Have you achieved them?
3. How can you tell?
4. How could you continue the challenge back at school?
5. Complete an evaluation.



CELEBRATING ACADEMIC SUCCESS

Whilst the children are at Ufton they are working towards nationally recognised awards. Success in these awards shows children what they can achieve and that effort pays dividends. This learning can be built upon in the school setting and children can engage with school in new ways knowing that they can succeed if they try.

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

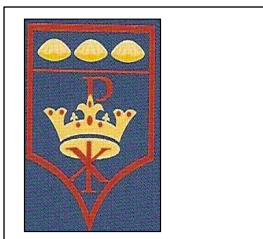


What did Christ the King children say?

- I enjoyed archery and photo mapping because I now know how to use a bow and arrow.
- I have learnt that I can do archery and you can have lots of fun outside.
- I feel happy to be trying new things.
- I learnt that I look after people.
- I feel so happy trying new things because I love it.
- I enjoyed cooking food and playing.
- I have learnt that I like peppers.
- I feel amazing about trying new things because it's different.
- I learnt that I must be careful in archery.
- I feel so over-joyed about trying new things because it is fun.

What did Christ the King teachers say?

- Children all enjoyed the activities especially the archery. Good communication and interaction with staff and children.
- Lovely to see them helping with cleaning and chores, food prep and bed-making – and they seemed to enjoy the responsibility of this too.
- Amazing experience for children who might not otherwise be able to attend something like this.
- Children who were crying for mum felt good to have achieved the night away with their peers.
- Some children really showed themselves to be really willing to be helpful



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.

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What did the Ufton team observe?

Our Ufton Leader Charlotte observed that ... For many children on this visit, the first teambuilding challenge alone was a big step outside of their comfort zone. Communication and compromise was difficult for many of them to begin with, but they quickly learnt that if they were to be successful then these skills were vital. I could see this as we progressed through the games and their teamwork skills improved greatly. They shared ideas, listened to each other and compromised when necessary.

Many of the children in my group began the visit being very quiet and less willing than the others to come forward with their ideas. For two children in particular this changed a great deal in the space of only two days. When discussing all that we had learned at the end of the second day, they were so excited to share that I was almost unable to stop them from talking in order for the others to get their thoughts in. They were also much more confident in helping others. Child P quickly became the first person to offer a helping hand, showing great friendship skills towards any peers who were struggling

