



**ST EDMUND'S
SCHOOL**
CANTERBURY

Outdoor Education

Joining Pack





St Edmund's Outdoor Education

At St Edmund's School, we believe that outdoor activities are of great value to each and every pupil.

Outdoor education helps develop:

- personal confidence and self-esteem through the completion of challenging activities;
- key skills, relating to communication and problem-solving, leadership and teamwork;
- an appreciation of physical activity in the context of the outdoors;
- pupil's horizons and an awareness of socio-cultural diversity

What is Outdoor Education?

The term 'outdoor education' embraces activities and experiences that:

- normally take place in the outdoors;
- frequently feature an adventurous and challenging component;
- generally involve physical activity;
- always respect the natural environment.

Duke of Edinburgh's Award and Combined Cadet Force at St Edmund's.

The combination of the Duke of Edinburgh's Award and the Combined Cadet Force provides opportunities for pupils to participate fully in Outdoor Education. This experience encourages pupils to acquire a valuable set of skills in a unique educational setting. The formal components are taught largely by our senior pupils who have already benefited from being a part of the programme.

St Edmund's Outdoor Education

The Pathway: Initial Steps

When pupils join the Lower Fifth year, they become part of the Combined Cadet Force and are enrolled on the Duke of Edinburgh's Bronze Award Scheme. During Friday afternoon activities, pupils take part in practical lessons taught by Sixth Form pupils under the supervision of staff. CCF and Duke of Edinburgh's Award field days comprise activities related to the practical elements of the two organisations such as navigation, camp craft and outdoor activities.

About the Combined Cadet Force (CCF)

The CCF is a well established and rapidly expanding youth movement sponsored by Her Majesty's Armed Forces. St Edmund's CCF is affiliated with the Army and supported directly by The Princess of Wales' Royal Regiment. Mirroring the overall aims of Outdoor Education, the CCF develops key life skills such as self-reliance, responsibility, resourcefulness, endurance and perseverance. There is also a strong emphasis on teamwork, leadership and, of course, the simple pleasure of being outdoors. As junior cadets, pupils complete the Army Proficiency Certificate Basic Modules. These include personal navigation, first aid and expedition training which, in turn, support the Duke of Edinburgh's Bronze Award. All CCF Modules are taught by pupil NCOs who have completed the Methods of Instruction cadre.

The unit content is prescribed by the syllabus and each module is overseen by a qualified Cadet Force Adult Volunteer who, in most cases, holds a Cadet Forces commission and Army certification in their chosen field.

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The Pathway: Initial Steps

About the Duke of Edinburgh's Award

Alongside the outdoor learning completed with CCF, pupils work towards their Duke of Edinburgh's Bronze Award. To achieve this, pupils complete the following sections by meeting personal goals and objectives:

Volunteering (undertaking service to individuals or the community);

Physical (improving in an area of sport, dance or fitness activity);

Skills (developing practical and social skills and personal interests);

Expedition (planning, training for and completing an adventurous journey).

Most pupils perform the service for at least three months and work on the activity for no less than one hour per week. Sports and clubs, inside and outside of school, may count towards the Award and we find that many pupils are already committed to activities that qualify.

The Expedition

For the Bronze Award, pupils plan, train for and complete two expeditions. Each consists of two days' navigation in the countryside and includes camping overnight. The emphasis is on self-reliance and teamwork, although pupils are supervised remotely by qualified staff. From September, St Edmund's Duke of Edinburgh's candidates will be able to borrow kit for expeditions such as tents, rucksacks and trangias. Pupils will, however, be required to provide their own personal clothing appropriate for walking, such as a waterproof coat and trousers and a pair of walking boots with ankle support. There is a limited stock of spare kit available.

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The Pathway: Continuation

We hope that by the end of the Lower Fifth year all pupils will have qualified for the Duke of Edinburgh's Bronze Award and completed the majority of modules necessary for an APC basic half-star or star award. On entry into Middle Fifth, pupils will have the opportunity to choose those activities they wish to continue by opting for either the CCF or the Duke of Edinburgh's Award. However, the elements of the CCF and Duke of Edinburgh's Award complement each other and committed pupils are, therefore, likely to be able to complete both.

Combined Cadet Force Continuation

CCF in the Middle Fifth focuses on military-based modules such as Skill at Arms and Field Craft, before moving on to units within the APC Advanced (Infantry) syllabus in the latter part of the year.

This prepares pupils to undertake a Method of Instruction cadre, which is delivered by Army instructors and qualifies cadets to apply for the post of NCO in their Upper Fifth year. This allows pupils to deliver lessons as part of St Edmund's Outdoor Education programme.

Duke of Edinburgh's Award Continuation

In the Middle Fifth, pupils progress to the Silver Award which, although essentially similar to the Bronze, requires a greater commitment to activities and features more challenging aims and objectives. The expedition is also more challenging and likely to take place further from the school.

Once pupils have entered the Sixth Form, they can take part in the Duke of Edinburgh's Gold Award, which is recognised by universities and employers. This is, again, a more challenging option than the Silver Award and includes a two-week residential trip prior to a four-day expedition.

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CCF Field Days and Exercises

To support and enhance the learning delivered during the weekly programme, the CCF undertakes several extra-curricular activities.

These include:

- field days and overnight exercises;
- firing range days;
- competitions with the Army;
- residential adventurous training in Wales, Dartmoor and the Lake District, including ghyll scrambling, gorge walking, climbing, abseiling, kayaking and sailing;
- a residential summer camp

Most of these elements are open to all pupils, regardless of their chosen pathway after the Lower Fifth year. Full training is delivered to prepare less experienced pupils.

Duke of Edinburgh's Expedition Days

For completion of the Duke of Edinburgh's Bronze Expedition pupils are required to complete:

- a full training day;
- a practice expedition, which consists of a two-day navigation and an overnight camp, with some support from qualified staff;
- an assessed expedition, which also consists of a two-day navigation and an overnight camp, with remote supervision during the day

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Further Information and Points of Contact

Combined Cadet Force

Contingent Commander:
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School Staff Instructor:

Colour Sergeant T. M. French

Combined Cadet Force webpage:
www.combinedcadetforce.org.uk

Duke of Edinburgh's Award

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Duke of Edinburgh's Award webpage:
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