



Look at the resource below sharing some learning that takes place outside.

PE

PE lessons outside, either on playgrounds or school fields, can be great because there is the space to develop skills such as throwing, catching, running, jumping, balancing etc. Teams can compete against one another, which means values such as respect, confidence, resilience and teamwork can be learned too.



Cycle training

Some schools take part in an annual cycle training, where children learn practical skills and learn to cycle on today's roads giving them a skill for life.

Gardening

Gardening is an outdoor activity some schools take part in. It can help children learn about plants and what they need to survive but also being responsible and taking care of something.



Art

Being outside, sketching landscapes and objects in the natural environment, gives children the opportunity to fully immerse themselves in their work.

Science

Some science lessons take place outdoors, such as observing wildlife and their habitats and weather investigations.



Outdoor residentials

Many schools take part in a residential trip, where they visit an outdoor centre to take part in activities such as rock climbing, canoeing, orienteering. These trips not only allow children to experience new outdoor sports and activities, they can also provide an opportunity to experience being out of comfort zones and overcoming a fear. This might be heights, water or sleeping away from home. Children learn more about themselves and each other when experiencing trips like these. They also develop independence: get up, get dressed, have the correct equipment, make the bed etc!



Do you think these outdoor learning sessions could be adapted so they could happen in our classrooms?