



Elms Bank
School & College

Excellence for All

Duke of Edinburgh Long Term Plan – Inspire KS5

Key Stage 5	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 13	<p>Orienteering Making use of set courses in Heaton Park.</p> <ul style="list-style-type: none"> • Map reading skills • Develop walking/exped fitness • Compass work • Understanding symbols • Devising a course • Orientating a map • Understanding directions. 	<p>Climbing Developing skills, technique and confidence.</p> <ul style="list-style-type: none"> • Learning to climb • Belay skills • How to put on a harness, helmet and tie in. 	<p>Swimming Swimming lessons at Castle Leisure.</p> <ul style="list-style-type: none"> • Swimming technique • General fitness • Water safety • Water confidence <p>Litter picking 'Volunteering'</p> <ul style="list-style-type: none"> • Opportunity to accrue volunteering hours through local community litter pick. 	<p>Swimming Swimming lessons at Castle Leisure.</p> <ul style="list-style-type: none"> • Swimming technique • General fitness • Water safety • Water confidence <p>Litter picking 'Volunteering'</p> <ul style="list-style-type: none"> • Opportunity to accrue volunteering hours through local community litter pick. 	<p>Expedition practice / Expedition Small expeditions around Heaton Park. Carry basic pack with some equipment to replicate expedition.</p> <ul style="list-style-type: none"> • Campcraft; pitching tents, suitable clothing, footwear • Packing bags, carrying bags, lifting • First Aid & emergency procedures • Use of stove/ camp cooking • Countryside Code, Highway Code, moving over rough terrain. 	<p>Expedition practice / Expedition Small expeditions around Heaton Park. Carry basic pack with some equipment to replicate expedition.</p> <ul style="list-style-type: none"> • Campcraft; pitching tents, suitable clothing, footwear • Packing bags, carrying bags, lifting • First Aid & emergency procedures • Use of stove/ camp cooking • Countryside Code, Highway Code, moving over rough terrain.