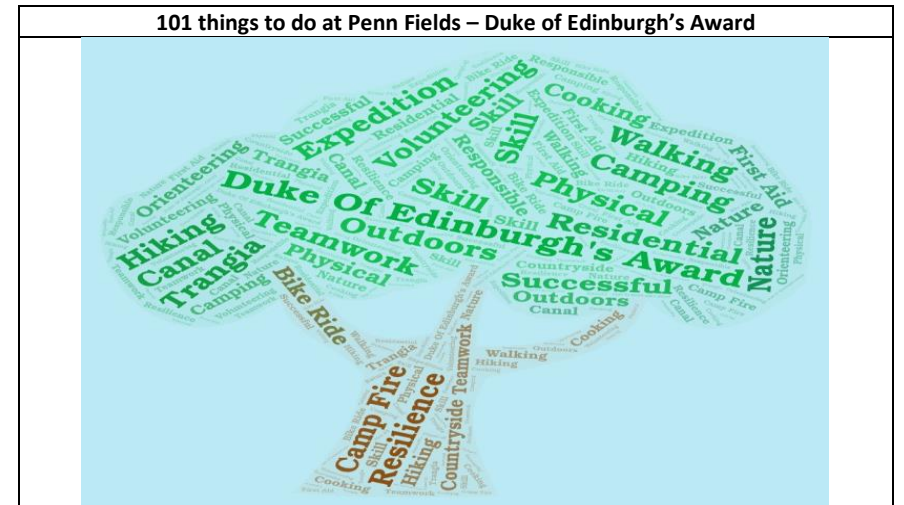


KS4 = 2 lessons each week & PF6 = 3 lessons each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS4	Expedition	Expedition	Skill	Volunteering	Expedition	Expedition
PF6 Team A	Expedition	Volunteering	Skill	Volunteering	Expedition	Expedition
Physical						
PF6 Team B	Expedition	Skill	Volunteering	Expedition	Volunteering	Expedition
Physical						

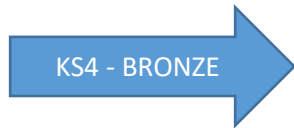
Developing Skills with SOLO taxonomy			
Initial	Multi	Relate	Extend
Define Identify Label	Memorise Define Name Match Recall Describe Outline List	Sequence Compare and contrast Explain effects Distinguish Question Classify Explain causes Analyse Organise	Generalise Evaluate Prove Justify Predict Reflect Argue Prioritise Construct Generate



Personal Discovery Pathway			
The Award is divided into 4 sections.			
Volunteering	Skill	Physical	Expedition
Work skills Teamwork Co-operation Community Independence	Preparation for Adulthood Cooking First Aid Gardening Road Safety	Performing and developing an understanding of: Health Fitness Exercise Teamwork	Walking Navigation Risk Assessment Route planning Resilience Safety Cooking Tents Teamwork



Qualifications & Progression



KS4 - Bronze Award - timetabled lessons x 2 each week PF6 - Silver Award - timetabled lessons x 3 each week						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Bronze	Expedition – Walking, safety, risk assessment, Countryside Code	Expedition – Camp cooking and food	Skill – First Aid, Cooking, Gardening	Volunteering - jobs at school or in the local community	Expedition – equipment and tents	Expedition - preparation: walking, equipment, tents and cooking
Silver Team A	Expedition – Walking, safety, risk assessment, Countryside Code	Volunteering – jobs at school or in the local community	Skill – First Aid	Volunteering - jobs at school or in the local community	Expedition – Food and Cooking	Expedition - preparation: walking, equipment, tents and cooking
	Physical – Fitness activities; run/walk, swim, bike, circuits					
Silver Team B	Expedition – Walking, safety, risk assessment, Countryside Code	Skill – First Aid	Volunteering - jobs at school or in the local community	Expedition – Food and Cooking	Volunteering - jobs at school or in the local community	Expedition - preparation: walking, equipment, tents and cooking
	Physical – Fitness activities; run/walk, swim, bike, circuits					

Award Sections	Physical: any sport, dance or fitness activity. Curriculum links with PE.	Skill: an activity that will allow participants to broadened their understanding and increased their expertise. Curriculum links with PfA	Volunteering: giving time to help people, the community or a society, the environment or animals. Curriculum links with PfA.	Expedition: plan, train for and complete a self-reliant expedition. Bronze = 2 days and 1 night Silver = 3 days and 2 nights
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