

# UNEARTH

## YOUR STUDENTS'

# TRUE COLOURS

Whole Education



THE OUTWARD BOUND TRUST

### Aim:

This programme is designed to unblock emotional, behavioural and motivational skills. Students will return to school with the attitudes, skills and behaviours they need to succeed in the world of linear exams.

You will also come away with a fresh approach to learning and renewed understanding how to get the best from your students.

### For:

Year 10 students who are underachieving in a specific area or subject, but you don't know why. This course could have a significant impact on students who are struggling in key subject areas such as English, Maths and Science.

### Sample programme:

#### MONDAY DAY 1

**ARRIVE:** Setting the scene. Course introductions. Hope and fears.

**ADVENTURES:** Jog and Dip. Short team tasks. Centre tour. Discussion, group work.

**EVENING:** Exploring course aims and personal responsibility.

**ADVENTURES:** Nightline. Prisoner, passenger and participant. Support challenge models.



### Learning outcomes for this course:

- Able to understand and demonstrate a growth mindset
- More awareness of own capabilities, skills and abilities
- Improved confidence and self-belief that they can achieve
- Increased resilience and determination to persevere
- A greater sense of personal responsibility in planning and setting goals

### After the course:

When back in school, Whole Education will support participating teachers to embed learning through a series of professional development opportunities, such as one-to-one coaching calls and group webinars.

#### TUESDAY DAY 2

**DAY:** Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

**ADVENTURES:** Gorge walking. High challenge activity. Facilitated review.

**EVENING:** Effort and reward. Importance of collaboration and support.

**ADVENTURES:** Expedition brief. Pack and prepare.



#### WEDNESDAY DAY 3

**DAY:** Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

**ADVENTURES:** Mountain walk and ascent of a peak. Environmental awareness tasks.

**EVENING:** Self-reliance. Recognising achievement.

**ADVENTURES:** Mountain camp. Facilitated review of the day.



#### THURSDAY DAY 4

**DAY:** Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

**ADVENTURES:** Pack up camp after preparing breakfast. Walk to rendezvous by agreed time. Canoe journey back to the centre.

**EVENING:** Exploring course aims and personal responsibility and engagement.

**ADVENTURES:** Clean up and put away camping equipment. Facilitated discussion and personal reflection.



#### FRIDAY DAY 5

**DAY:** Personal goal setting. Recognition of achievements. Reward and celebration.

**ADVENTURES:** Group row. Course review and presentations.

**DEPART: 13:00**



WAYS WE WORK WITH YOU

PRE-COURSE SUPPORT

UNDERSTANDING CONTEXT

VISION, AIMS AND OUTCOMES

DAILY OPERATIONAL MEETINGS

DAILY LEARNING MEETINGS

ONGOING CPD ACTIVITIES

TAKING PART IN ADVENTURES

USE OF LEARNING MODELS

ONGOING REVIEW OF PLANS

COURSE PROGRESSION

ACTION PLANNING

INSTRUCTOR FEEDBACK

TRANSFER OF LEARNING

POST-COURSE FOLLOW UP