



Dartmoor
Multi Academy
Trust

Lydford Primary School is part of the
Dartmoor Multi Academy Trust family



27th February 2023

Primary schools Year 5&6 Challenge Days: 3rd and 6th March 2023

Dear Families,

As part of our PE curriculum we are glad to be able to offer all children in Yr 5 and 6 the opportunity to take part in two days of moorland activities, led by Encompass Training. While these activities are fun, the primary aim of these days will cover a range of hard and soft skills, run in an inclusive, rewarding way by experienced instructors. Working together in a different environment is an excellent way to stretch and grow the children through new challenges within a supportive and safe environment.

Moorland walking & navigation day

In groups of 8-12 we will be taking the children out into the moor, learning the basics of navigation, (map to ground, orientating maps, walking on bearing, navigational tools such as hand railing etc.)

We will also be covering other topics during the day. This will include emergency & safety scenarios and what to do, such as using a bothy, correct clothing for out on the moor, first aid scenarios, water obstacles and moving over rough ground. Environmental and wildlife awareness on the moors.

Rock scrambling day

The day will be predominantly spent moving over some of the most stunning, rocky ridges in southern UK in a little known location on Bodmin moor. A real exhilarating day of scrambling over and even under rocks, moderate climbing skills and some navigation.

Activity Goals:

Personal & team skills

- Improved confidence & resilience, sense of belief in own abilities, self awareness, personal organisation, communication, problem-solving skills.
- Working in a team, cooperation, breaking down barriers & forming new relationships.
- Sense of achievement and reward. Environmental awareness and improved understanding of the ecology of our moorlands. Risk awareness and management.

Physical skills

- Map/orienteering/compass skills, safety awareness and basic first aid skills.
- Movement skills over uneven/rough physically challenging ground.

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- Improved motor skills, hand eye coordination etc., and engaging in physically rewarding activities.
- Environmental behaviours (country code etc)

Activity day information

Timings (all approx. Timing)	
08.50-09.10	Encompass collect children & staff from school in our minibus(es)
09.45 – 10.00	Arrive at location, introduction,
10.00 – 12.00	Morning activity session & review
12.00 – 12.30	Lunch (bring own packed lunch)
12.30 – 14.15	Afternoon activity session & review
14.15 – 15.00	Travel back to school

Preparation/what to bring

Encompass will supply all specialist equipment, but please wear/bring the following;

- **Jogging/trackie bottoms (no jeans)**
- **Sports top/thermal/t-shirt**
- **fleece/jumper/hoodie**
- **Waterproof jacket/trousers**
- **Wear boots/wellies**
- **Thick socks**
- **Waterproofs**
- **Small Rucksack**
- **Spare warm fleece/jacket**
- **Packed lunch & full water bottle**
- **Sun cream/hat/woolly hat**

Yours

Adam Hill
Principal