



OUTDOOR SKILLS: BACK TO NATURE

COURSE SUMMARY:

The natural world is a fascinating and ever-changing place to explore. As children, many of us asked questions as we picked up leaves, examined insects and investigated habitat piles. This 7 week course provides us all with the opportunity to do this again in a structured, informative way that will also help us to understand and protect the environments we explore through a range of walks and outdoor activities.

WHAT WILL YOU DO ON THIS COURSE?

This course will be based outside with each session focusing on a different aspect of the local environment. As the sessions progress, we will build up a word bank of specialist terms all relating to the habitats we visit and the plants and animals we see. The Countryside Code will be the focus of one of the initial sessions so that we ensure we keep ourselves and the environment safe as we explore. Sessions will include invertebrate habitats and identification, mammals and their homes, and pond life. Sessions themed on plant life will include investigating woodlands and marshland focusing on the different layers and the life within them. Throughout the course, learners will be encouraged to take photographs of what they see to include in their workbook of learning that will be added to each session. Some of the activities you will be encouraged to participate in, include:

- ✓ **Exploring the** natural world to investigate plants and animals in our local area
- ✓ **Identifying birds**, trees and other plants and animals
- ✓ **Completing quizzes** and class discussions to find out about local habitats and how to protect them
- ✓ **Assisting nature** by creating habitat piles and 'bug hotels' for invertebrates to use
- ✓ **Help create** a small wildlife pond

ENTRY REQUIREMENTS:

- Aged 19 or over
- Ability to walk/travel over rough ground including woodland/muddy paths
- Appropriate footwear and clothing for being outside in all weathers



AWARD:
Unaccredited

PROGRESSION FROM THIS COURSE:

- Changing Seasons
- Introduction to Walking & Camping
- Countryside & Coastline
- Engaging with Nature

