



This is an exciting practical based course which provides an opportunity to get out of the classroom and develop your knowledge, skills and experience in a variety of outdoor activities. Below are some introduction links to the activities & opportunities you will experience throughout the 2 years at college!!!

Cribb Goch – as part of the course you will experience a Grade 1 scramble!!!!

<https://www.youtube.com/watch?v=0VbkywEYfIQ&list=PLTodUXkQjZwwYHjkO5wYCrkYFOPJTECH>

You will learn how to take a compass bearing...

https://www.youtube.com/watch?v=fmCQ8_MkR2g&list=PLTodUXkQjZwzeHp-Q4L5Bxi-zrrvOcXch&index=11&t=0s

You will learn how to describe your location in the mountains using grid references...

<https://www.youtube.com/watch?v=xlyrN9ICKno&list=PLTodUXkQjZwzeHp-Q4L5Bxi-zrrvOcXch&index=10&t=0s>

You will learn how to lead climb...

https://www.youtube.com/watch?v=iTHSZU2_eCE&list=PLTodUXkQjZwyerKDXT9qrA4bTeQ6aJ3wu&index=3&t=0s

You will learn how to belay a lead climber...

https://www.youtube.com/watch?v=UI0cnk_k0eI&list=PLTodUXkQjZwyerKDXT9qrA4bTeQ6aJ3wu&index=4&t=0s

You will learn how to abseil outdoors!!!

<https://www.youtube.com/watch?v=Y6OUGgYKK-w&list=PLTodUXkQjZwwbots64oegekQrr1SczQGh&index=20&t=0s>

You will experience the benefits of walking in the mountains!

<https://www.youtube.com/watch?v=COTS1Cv7vpw&list=PLTodUXkQjZww4T9zrz1z6YWK5dZHs8cCD&index=2&t=0s>

You experience caving in the Peak District!

<https://www.youtube.com/watch?v=7ZtvsGPrUPA>

You will develop your skills in kayaking...

<https://www.youtube.com/watch?v=MGAfLptYNVk>

You will have the opportunity to start your DofE, at either bronze, silver or gold..

Bronze:

https://www.youtube.com/watch?v=Z8GG468LeJI&list=PLJwqW7XmD1vkTFCjRVTZWka5OnaRND_vr&index=1

Silver:

https://www.youtube.com/watch?v=dqt1JmYX0yE&list=PLJwqW7XmD1vkTFCjRVTZWka5OnaRND_vr&index=2

Gold:

<https://www.youtube.com/watch?v=pp8BBhmU1ec>

You will be investigating nutritional demands from outdoor activities on the body...

<https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html?limitstart=0>

Exercise is essential to developing fitness for the outdoors. You will learn about fitness training - some information and quizzes to get you started are below...

<https://www.teachpe.com/training-fitness/training-methods>

Finally, do you want to feel inspired? Immerse yourself in the experience of climbing Yosemite's famous El Capitan alongside Alex Honnold in this breath-taking 360 video!

<https://www.youtube.com/watch?v=FRGF77fBAeM>

