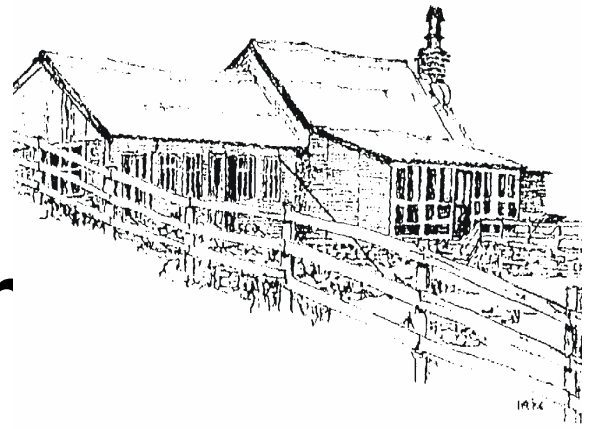


# **Humphrey Head Centre for Outdoor Education**



## **PRIMARY SCHOOL COURSES**

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# **PURPOSE OF THIS BOOKLET**

The purpose of this booklet is to give YOU, the teacher, some idea of the programme options available for Primary age children at Humphrey Head Centre.

The booklet is not meant to take the place of a detailed discussion with Humphrey Head staff who will design your course around the needs of your pupils using some of these options.

The booklet is meant as a 'memory jogger' to help you when you are planning your visit.

# HEADLAND SCRAMBLING

On the west side of the headland is a significant cliff line, the lower level of which is used for scrambling. Here pupils can practice climbing along the base of the cliff and up easy sections. Here they get their first taste of 'leading' a small section of a scramble. This activity helps pupils develop safety awareness and appreciate that individuals have different physical and mental capabilities. There are one or two 'crawls' through holes, which are exciting and challenging to younger pupils.

Pupils are also made aware of the location they are in. they are told some of the legends that exist about the headland and in particular about the 'Last Wolf in England'. They look out over the sands of Morecambe Bay and are warned of the risks of venturing onto them. They have the opportunity to appreciate the unique beauty of the headland and reason for it's designation as a Nature Reserve.

On the way to or from the cliffs the group may walk through the ancient woodland on the east side of the headland and look at some of the flora and fauna there.

RESOURCES AVAILABLE: Safety Helmets.

# MOUNTAIN WALKS

This is a favourite of visiting groups and one activity that sets Humphrey Head above many other activity centres. It is a long held tradition that most groups reach a summit if conditions allow. A lot of the pupils find the mountain day very challenging but feel that it is a real achievement to have reached a lakeland mountain top. Areas commonly used are:

- ☺ The Coniston fells, including The Old Man of Coniston, Dow Crag, Brown Howe.
- ☺ The Langdale Fells, including Pavey Ark, Harrison Stickle, Pike of Stickle.
- ☺ Lingmoor Fell which is a suitable venue if the weather is particularly inclement.

RESOURCES AVAILABLE: Maps, compasses.

# CLIMBING AND ABSEILING

The main venue for climbing with Primary pupils is Lindale slab which is approximately 6 miles from the centre. This is an easy angled piece of limestone ideally suited for beginners. During this activity pupils wear helmets and harnesses. They are attached to safety ropes looked after by members of staff. Even less able pupils are able to achieve a climb and the confidence then rises rapidly.

Abseiling normally takes place at Lindale Slab also. Pupils are attached to a safety rope as well as the abseil rope during this activity. This is by far one of the most popular activities and individuals are often amazed by their bravery and achievement.

Abseiling may also take place on the cliff at Humphrey Head.

# GORGE WALKING

Gorge is perhaps an exaggeration of the true definition! However to the perception of the young people the Tilberthwaite Ghyll scramble is very exciting with the prospect of a good soaking or immersion if they 'mess up'! it is closely supervised and unnecessary immersion avoided in winter time. In the summer months then we actually get right in there and enjoy a good wade through the pools and streamway. Young people are often reprimanded for getting wet or muddy in their normal lives, this activity gives them a change from the norm and allows for a bit of liberalism on this front, which they relish. Changes of clothes are taken should the young children become chilled afterwards.

RESOURCES AVAILABLE: safety helmets, buoyancy aids

# ORIENTEERING

**Orienteering is a very accessible sport for all individuals. It can be competitive or non-competitive and a more personal or team challenge. Orienteering can be carried out at the following venues:**

☺ Centre grounds.

There are a variety of simple courses which can be used as the basis for both individual and team events. These can be run in the evenings by visiting staff.

☺ Headland.

There are permanent control points on the headland allowing a variety of events to be run. The terrain is a mixture of open land and woodland.

☺ Grizedale Forest.

There are permanent markers and courses around the visitor centre in the forest. During a visit to the forest there is also the opportunity to study the many sculptures there.

RESOURCES AVAILABLE: Maps, compasses, whistles,

# PROBLEM SOLVING

**There are two options for a 'task walk' where pupils work in small groups to complete a journey through map reading solving problems, collecting and interpreting clues.**

☺ Cartmel.

This 'walk' uses the area of parkland and woodland near the racecourse. Here a member of staff accompanies each half of a group. A centre member of staff is always close by with half of the group and is responsible for the safety of all of the pupils and setting up the activities/tasks.

☺ Cartmel to Humphrey Head.

This is an alternative for a walk accompanied by visiting members of staff without any centre staff. (See section on 'activities which can be led by visiting staff').

The other possibility for this type of activity is in the centre grounds either for part of a day or in the evening. Visiting staff can lead this activity using instructions provided. (See section on 'activities which can be led by visiting staff').

**RESOURCES AVAILABLE : Maps, clues, materials for tasks, instructions, clues**

# WATER ACTIVITIES

These usually take place on Coniston Water. However the canoeing may also take place on the canal, river Winster or Windermere. Often non swimmers can take part in these activities under very careful supervision. This may lead to an improvement in water confidence and a desire to learn to swim.

## ☺ Raft building.

Pupils discuss their ideas for the raft and are guided towards a construction that conforms to the Adventurous Activities Licensing Authority's guidelines. They then construct the vessel and it is checked by centre staff before launching. If conditions are suitable the pupils may then paddle the raft to Peel Island, which was used in the story of Swallows and Amazons. The rafts are accompanied on their journey by a powered rescue boat.

## ☺ Open canoeing.

Open canoes are often referred to as Canadian canoes. In ideal conditions there may be 3 pupils in each boat. This tests their team work and communication skills! In less than ideal conditions two boats are tied together to make a catamaran. This also enables the possibility of sailing the craft.

## ☺ Rowing/Sailing.

Pupils can row the 'longboat', or if conditions are suitable staff can sail the boat with a crew of pupils.

RESOURCES AVAILABLE : barrels, poles, rope, straps, paddles, buoyancy aids, safety helmets

# MINES AND QUARRIES

Obviously there can only be very limited access to these venues due to strict safety requirements of the Health and Safety Executive. There are however several venues that lend themselves to a little exploration and industrial archaeology.

☺ The Coniston copper mines area.

This area may be visited as part of the mountain walk in the Coniston Fells. There are many relics from the mining era and some spectacular slate quarries.

☺ The Tilberthwaite slate quarries and Cathedral Cavern.

This area is owned by the National Trust and they have made some of the old workings safe so that they can be explored by groups led by experienced staff. Here pupils can explore some of the old tunnels and underground workings made by the extraction of slate.

RESOURCES AVAILABLE : safety helmets, torches, candles

# ACTIVITIES WHICH CAN BE LED BY VISITING STAFF

When group sizes exceed 28 it is necessary that the visiting staff are able and willing to lead an activity with a small group of pupils. The activity need not be one covered by the Adventurous Activities Licensing Authority. The following activities/venues are suitable for this purpose:

- ☺ Leighton Moss Bird Reserve.  
Nature watching, just a short walk and train ride from the centre (approximate cost £2.00 per head).
- ☺ Holker Hall Estate education programmes.  
Half or full day at this historic manor house and gardens, guided or otherwise (prices on request).
- ☺ Cartmel Priory  
learn about the monks including costumes, talk and tour. (minimal cost).
- ☺ Problem solving exercises.  
In the centre grounds or around the racecourse at Cartmel.
- ☺ Photo trails  
walks on local path and bridleways around the centre, students navigate with staff supervision.
- ☺ Task walk  
similar to photo trail but with problem solving.

**RESOURCES AVAILABLE: maps, instruction sheets, materials for problem solving tasks.**

# EVENING OPTIONS

Two centre teaching staff are available to lead one evening activity each. This is usually the Monday and Thursday evenings. The visiting staff are expected therefore to take charge of Tuesday and Wednesday evenings.

Examples of possible activities are:

- ☺ Night walk , Cartmel area, Hampsfell or Kirkhead.
- ☺ Night line , centre grounds or headland woods.
- ☺ Orienteering, centre grounds or headland.
- ☺ Beach games, Humphrey Head beach
- ☺ Shelter building, headland woods.
- ☺ Erecting tents for camping in grounds
- ☺ Swimming, Kendal pool or Ulverston pool.
- ☺ Outdoor games, centre grounds (football, cricket, tug 'o' war, volley ball).
- ☺ Indoor games, centre (table tennis, pool, board games, beetle drives etc.).

# NATIONAL CURRICULUM

**The following is a summary of aspects of the National Curriculum supported by courses at the centre. More detailed analysis can be supplied on request.**

1. Aspects of learning across the National Curriculum which are related to the general nature of courses at the centre.

The following are extracted from “The school curriculum and the National Curriculum: about key stages 1 and 2”. They are all aspects of learning which can be covered to some degree on residential courses.

- ☺ Promoting spiritual, moral, social and cultural development across the National Curriculum.
- ☺ Promoting skills across the National Curriculum.

## **Key skills.**

- ☺ Communication.
- ☺ Working with others.
- ☺ Improving own learning and performance.
- ☺ Problem solving.

## **Thinking skills.**

- ☺ Information processing skills.
- ☺ Reasoning skills.
- ☺ Enquiry skills.
- ☺ Creative thinking skills.
- ☺ Evaluation skills.

2. Aspects of the National Curriculum non-statutory frameworks for personal, social and health education and citizenship at key stages 1 & 2 which are related to the general courses at the centre.

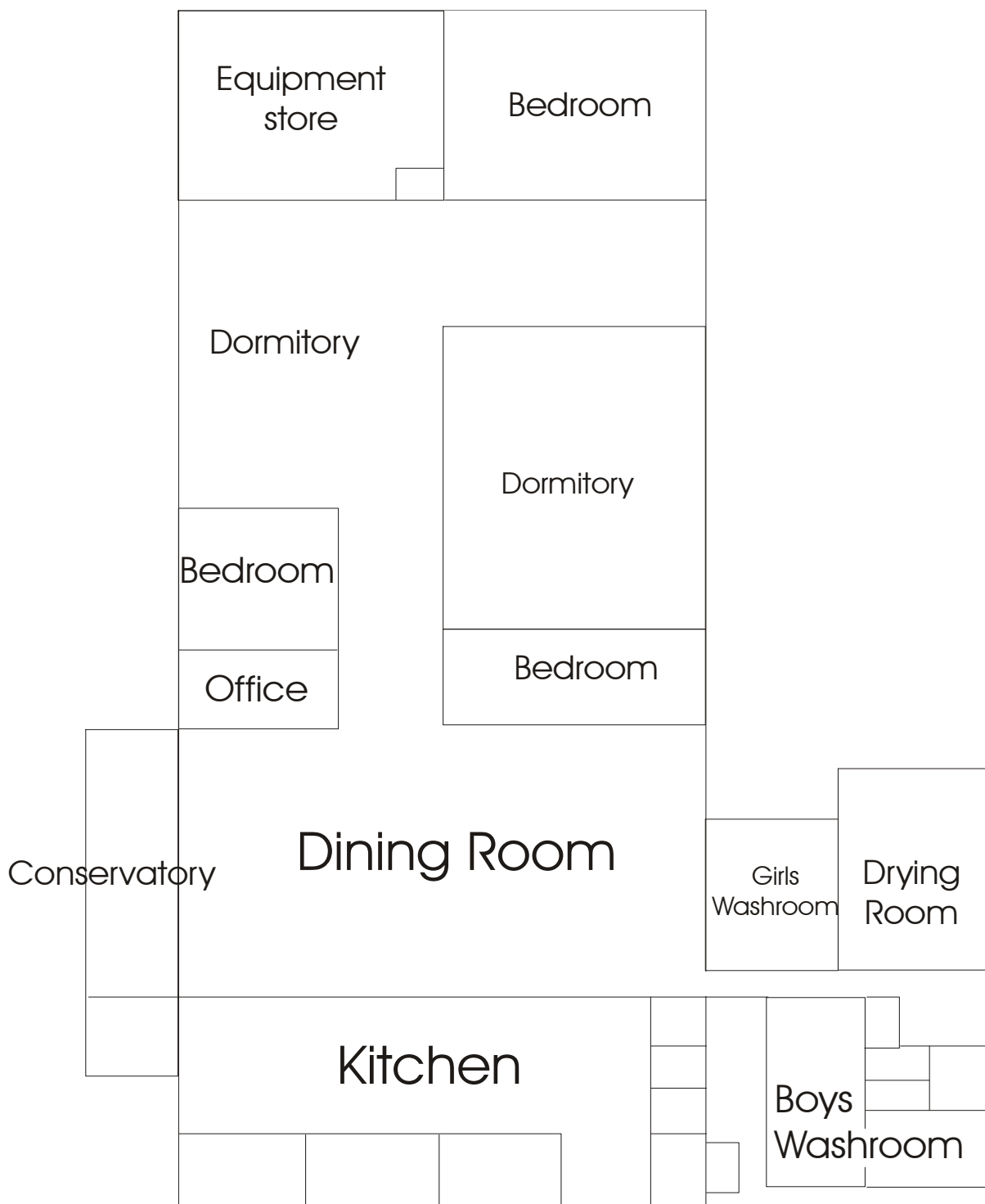
☺ Developing confidence and responsibility and making the most of their abilities.

☺ Preparing to play an active role as citizens.

☺ Developing a healthy, safer lifestyle.

☺ Developing good relationships and respecting the differences between people.

☺ Breadth of opportunities.



# Humphrey Head Centre