



MYDDELTON
- COLLEGE -

Outdoor Adventure Education

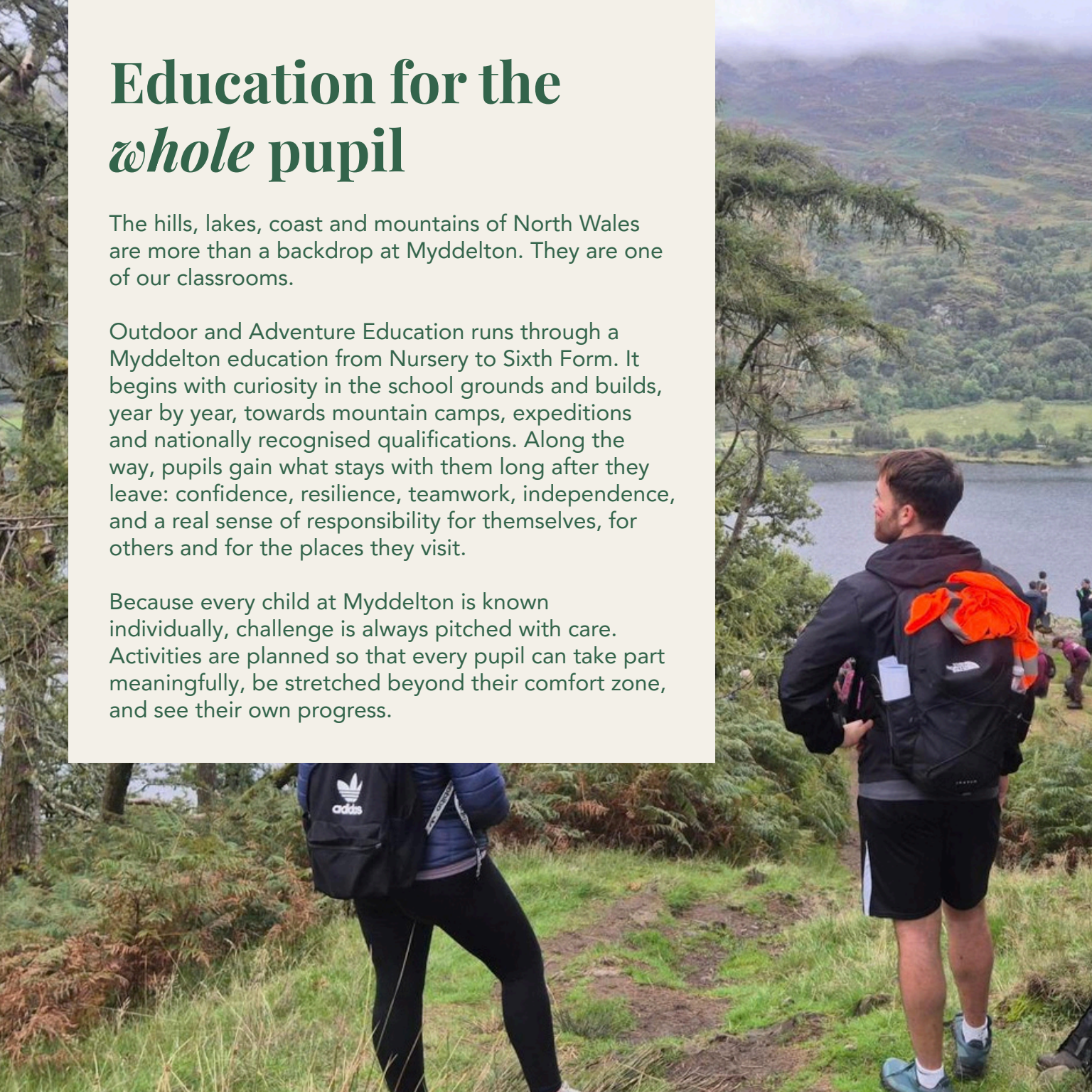
*Where Myddelton pupils
discover what they can do*

Education for the *whole* pupil

The hills, lakes, coast and mountains of North Wales are more than a backdrop at Myddelton. They are one of our classrooms.

Outdoor and Adventure Education runs through a Myddelton education from Nursery to Sixth Form. It begins with curiosity in the school grounds and builds, year by year, towards mountain camps, expeditions and nationally recognised qualifications. Along the way, pupils gain what stays with them long after they leave: confidence, resilience, teamwork, independence, and a real sense of responsibility for themselves, for others and for the places they visit.

Because every child at Myddelton is known individually, challenge is always pitched with care. Activities are planned so that every pupil can take part meaningfully, be stretched beyond their comfort zone, and see their own progress.





A journey that *grows* with them

Each stage prepares pupils for the next, so the habits and skills they build early become the foundations for everything that follows.

Nursery to Year 2: Curiosity

Seasons, woodlands, play and discovery.

Years 3 to 6: Confidence

Navigation, bushcraft, ropes and first nights away.

Years 7 to 9: Capability

Learning Through the Outdoors: a full day every fortnight, and a camp each year.

Senior School: Recognition

Aged Cymru Level 2 Certificate in Outdoor Studies; Duke of Edinburgh's Award Bronze and Silver.

Sixth Form: Leadership

Aged Cymru Level 3 Adventure Studies; Duke of Edinburgh's Award Gold.



Where it begins: *Nursery to Year 6*

Nursery and Reception: curiosity and play

Children explore the changing seasons with all their senses: autumn leaves, ice, puddles, seeds, minibeasts and sensory gardens. They build shelters for woodland animals, make natural artwork and learn to care for living things. Celebrations such as Bonfire Night, Diwali, Lunar New Year, Holi and Easter are explored outdoors, too.

Years 1 and 2: purposeful challenges

Woodland habitats, trails and imaginative adventures link to classroom stories and topics. Pupils begin preparing for sessions themselves, using simple equipment and working with a partner or group.



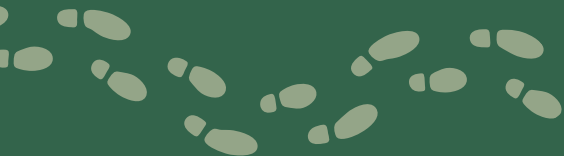
Years 3 and 4: stories, landscape and discovery

The outdoors brings history, geography and science to life through Welsh myths and legends, castles and local landscapes. Pupils try simple navigation and den building, ask questions, gather evidence and explain what they have found.

Years 5 and 6: ready for Year 7

Map symbols, compass work, bushcraft, Kelly Kettle cooking, ropes and knots, climbing movement, belaying and tent pitching. Pupils learn to arrive with the right kit, use protective equipment correctly, recognise hazards and look after each other, and the environment.

By the end of Year 6, they are ready to take on the Senior School programme with confidence.



Learning Through the Outdoors, *Years 7 to 9*

ONE FULL DAY OUTDOORS, EVERY TWO WEEKS, FOR THREE YEARS.

Year 7: Discover.

Pupils learn how to prepare for a day on the hill and walk as a group, from Penycloddiau to the lakes of Crafnant and Geirionydd. Introductory climbing and abseiling, a first journey in Eryri, orienteering, bushcraft and canoeing follow. The year ends with a camp: pupils pack their own kit, sleep in tents, summit a mountain and take on a more adventurous abseil.

Year 8: Develop.

Bouldering and scrambling at Milestone Buttress and Moel yr Hydd, and woodland bushcraft near Denbigh Castle. Pupils work alongside the Clwydian Range Rangers on habitat conservation, canoe on the Llangollen Canal and spend a night out on the bushcraft camp. The year finishes with a gorge walk at Afon Ddu.

Year 9: Lead.

Off-path navigation, steep-ground movement and a canoe journey. Pupils plan and complete an independent walk in the Northern Carneddau, cook at Llyn Dulyn Bothy and climb in Llanberis Pass. The programme culminates in a mountain camp in Ogwen.

More than activity. The programme is woven into geography, history and environmental responsibility: the wartime heritage of the Great Orme, the story of Welsh slate at Dinorwig Quarry, and Cynefin, the Welsh idea of our connection with place.



Agored Cymru Level 2 Certificate in Outdoor Studies

A Level 2 qualification, equivalent to a GCSE, earned outdoors.

This course combines practical experience with classroom learning and portfolio assessment. Pupils develop recognised outdoor skills while building independence, teamwork and personal responsibility.

- Woodland and bushcraft days: shelter building, fire-lighting, outdoor cooking, safe tool use, tree planting and conservation.
- Personal safety: preparing for the day, choosing kit, using protective equipment, risk assessment, first aid and emergency procedures.
- Mountain expedition: route and kit planning, an overnight camp, climbing, scrambling and steep-ground movement.
- Canoe camp: paddling, boat control and water safety, travelling and camping by canoe.

Evidence is gathered through practical observations, reflections, written work, photographs and activity records. Pupils finish with a recognised qualification and a broad foundation of land, water, woodland and expedition skills.



Agored Cymru Level 3 Adventure Studies

An A-level-equivalent pathway for Sixth Form.

For pupils who want to go further: advanced outdoor skills, real leadership experience and an understanding of the outdoor sector. Practical activity, academic study and vocational experience come together in modules covering:

- Advanced campcraft, including a bushcraft weekend
- Rock climbing, scrambling, mountain walking and navigation
- Paddling, journeying, rescue and water safety
- Land- and water-based expeditions
- First aid and risk management
- Sustainable participation
- Work experience in the outdoor sector

Pupils also receive guidance on university courses, apprenticeships, national governing body qualifications and seasonal work, across outdoor education, adventure tourism, conservation, coaching and expedition leadership.

They leave with practical competence, professional awareness, leadership and transferable skills, ready for higher education, further training or employment, in the outdoor sector and beyond.

Residentials, Camps and Expeditions

A pupil's first night away is a one-night residential in Years 3 and 4. By the Senior School it has become a mountain expedition. Each step is progressive.

- Years 3 and 4: a one-night residential, introducing pupils to outdoor and more adventurous activities in a residential setting.
- Years 5 and 6: a residential that alternates each year. One year, pupils head to the Dee Valley near Llangollen for a journeying-themed trip, getting from A to B through scrambling, hillwalking and canoeing. The following year, they go to Anglesey for a beach skills and coastal learning trip.
- Years 7 to 9: a camp each year that showcases what pupils have learned: the Year 7 camp, the Year 8 bushcraft camp and the Year 9 mountain camp.

Beyond the curriculum

- A Swiss Alps trekking expedition
- A canoe expedition on the River Spey
- A multimode expedition across Eryri National Park, combining walking, scrambling, climbing, abseiling, paddling and cycling
- A school ski trip
- A specialist Climbing Academy course







Weekend Adventure Days

Extra days out, from Nursery to Sixth Form.

On selected Saturdays and Sundays throughout the year, pupils can try something new, or take a favourite further. Each day has its own focus, from coasteering, canoeing and rock climbing to mine and cave exploration, woodland challenges and bushcraft cooking. Younger children might set out on a canoe-based pirate adventure or build dens in the woods. Older pupils can take on coasteering, climbing, mountain journeys and underground exploration.

Adventure Days give pupils the chance to:

- try an activity for the first time
- develop technical skills
- make friends across year groups
- explore the landscape and heritage of North Wales
- discover new interests and future pathways

Some days are led by Myddelton's own Outdoor and Adventure Education staff; others use specialist providers where their expertise or facilities make the experience better. Places are limited to keep groups well-sized, and details of eligibility, cost, timings and booking are shared with families throughout the year.

A photograph of three students sitting on a grassy hillside. The student on the left is wearing a black jacket and a black beanie. The student in the middle is wearing a blue jacket and a blue beanie. The student on the right is wearing a black jacket and a pink beanie. They are all smiling and looking towards the camera. In the background, there are mountains and a cloudy sky.

The Duke of Edinburgh's Award

DofE builds independence, resilience and commitment through four elements: Volunteering, Physical, Skills and Expedition. Gold adds a Residential. Pupils are supported through training days, expedition preparation and regular DofE clinics, and we help with everything from choosing activities to uploading evidence to eDofE.

- **Bronze** (mainly Year 9): an introduction to expedition skills, with a two-day, one-night journey in a small team.
- **Silver** (mainly Year 10): a greater level of independence, with a three-day, two-night expedition that asks more of teamwork and self-reliance. Pupils who haven't done Bronze can usually begin here, with some extra time in the relevant sections.
- **Gold** (older pupils and Sixth Form): the most demanding level: a four-day, three-night expedition, plus the Residential section, with pupils taking greater responsibility for planning and decisions.

Expeditions take place on foot or by canoe, and training covers navigation, campcraft, first aid and safe decision-making. Pupils finish with recognised evidence of commitment and personal development, qualities that universities and employers value.

Adventure, carefully managed

Adventure works when pupils feel safe enough to stretch themselves. Every activity is planned within the College's risk-management procedures, with careful consideration of staff competence, supervision, equipment, weather and conditions.

Pupils learn to be part of that, too: to arrive prepared, use protective equipment correctly, recognise hazards, speak up about concerns and make safe choices. The idea of managed risk runs through the programme, so pupils understand why appropriate challenge builds confidence.

The programme is designed to be inclusive. Activities are differentiated, and staff consider language needs, medical conditions, physical requirements and previous experience. Reasonable adjustments are made where appropriate.





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