

Primary Outdoor Adventure

An experience to remember.

Our primary school trips, at **Field Studies Council Castle Head**, get children involved and engaged in the outdoors, taking part in hands-on, safe experiences. Let them enjoy adventures they will remember forever with a school field trip and more:

- Provide new experiences for children
- Increase interaction with nature, building confidence and resilience through activities and challenges
- Encourage skills in communication and co-operation, with fun teambuilding games



- Introduce measured risk taking to encourage independent thinking
- Support wellbeing through connection to nature
- Are underpinned by environmental awareness and sustainability
- Encourage respect, care, and agency for the environment in a changing climate.

Outdoor adventure sample programme

This is an example of our residential offer. We have a range of exciting activities we use to tailor the experience to achieve your specific learning outcomes. Please see overleaf for additional activity options that you can select to extend your stay or swap with those in the example..

Morning	Afternoon	Evening
Day 1		
Late morning arrival with own packed lunch onsite.	Outdoor Team Challenges An exciting and challenging introduction to the concepts of working well together, using a wide variety of fun activities and puzzles designed to encourage problem solving and teamwork.	You choose We will provide what you need for a disco, indoor treasure hunt, team games or film night.
Day 2		
Canoeing Paddling in sheltered water in two or three-man canoes is a low impact activity, good for mental and physical health, teamwork and communication.	Low Ropes These low ropes activities are the perfect setting for children to develop flexibility, strength, control and balance in an exhilarating outdoor environment. Balance beams, rope bridges and scramble nets allow the whole group to keep active and try different ways to conquer the challenge.	Music, Stories and Campfire Gather together around the fire, for an evening of entertainment, stories and music. Tell your own story, make your own drum or just sit back and relax with a hot chocolate and enjoy the fire.
Day 3		
Wilderness Bushcraft Pupils to discover what they would need to survive a night in the wild. They will work in teams to build their own shelters and have a go at lighting a fire using natural materials. Pupils may also have a go at making elder beads, whittling and cooking some nettle tea to have around the fire.	Eat packed lunch onsite before departure from the centre.	 "The activities were engaging and there was the right mix of learning and having fun." Teacher

Depending on pupil numbers, the activities may need to rotate each day to allow each child the opportunity to participate.

This programme includes outdoor adventure and outdoor learning activities as well as evening activities. You can develop your own programme, and we will provide a price, depending on the number of activities which require additional staffing.

Outdoor Adventure Daytime Activities – half day or full day Curriculum links: <i>personal development, outdoor education, and adventurous activities</i> Additional activities subject to charge.	
Abseiling	The controlled descent of a crag or rock face, using a rope, is a test of hand-eye coordination, trust and self-belief.
Climbing wall	Similar to rock climbing but on a man-made, controlled wall. Problem solving, strength and balance capabilities can be challenged.
Ghyll/gorge scrambling	Ghyll or gorge scrambling is travelling up a mountain stream with plenty of short climbs, slides and jumps to ensure you are truly wet by the end of the activity. Great fun for challenging both the individual and team on many levels.
High and low ropes challenge	Low and high ropes activities are carried out under 'challenge by choice', allowing the participant to take control of their learning experience.
Hill walking and mountain days	Beyond the normal health benefits of exercise, hiking can strengthen friendships, boost creativity, fosters resilience and a good relationship with the natural world.
Raft building	The task seems simple – design, build and launch your raft, but it requires planning, communication, collaboration and problem-solving skills.
Rock climbing	An individual sport which pushes you to your limits, gives a sense of accomplishment and allows you to sample some stunning scenery.
Sea level traversing	The beautiful Morecambe bay coast is explored by climbing over boulders, squeezing through gaps and traversing the border between sea and cliff.
Outdoor Learning Daytime Activities – half day or full day No additional charge	
Think like a scientist	Hands-on, outdoor experiments and activities. Whilst working as part of a team explore the natural world, pupils will look for evidence that refutes or supports ideas and discover ideas from famous naturalists and scientists. Curriculum links: <i>working scientifically</i>
Compass orienteering	Using key orienteering skills to explore inspirational landscapes, children will quickly and accurately navigate their teams through challenges and problems. Developing map reading, orientation, and compass abilities, they will gain confidence in finding their way through unfamiliar terrain. Curriculum links: <i>geography skills, human and physical geography</i>
Tree-mendous	Children will discover forests, woodlands and meadows on a sensory level as well as through games and investigations, looking for the clues that make trees and plants special. They will see the fascinating features of plants and find out what plants need to survive and how plants work. Curriculum links: <i>working scientifically, plants, living things and their habitats, evolution.</i>
Disappearing animals	Children will discover the world of wildlife hidden within the landscape, and explore the busy world of wildlife that crawls, flies, walks and hops throughout the countryside. There may be opportunities to use IT to detect bats at dusk, as well as live trapping and observation of small mammals. Curriculum links: <i>working scientifically, evolution</i>

Eco-action	Children will take part in exciting sensory games and activities to help build a bond with the natural landscape. They will participate in some active conservation or habitat management, such as bird box building or pond restoration. Children will consider human impacts on the environment and sustainability. Curriculum links: <i>geography skills, human and physical geography, personal development- mental, spiritual, social, emotional</i>
Exploring place	Children will build their spatial and locational knowledge and use innovative ways to answer their own geographical questions, such as: What makes this place special? How is it connected to my place? Why is it like this? Curriculum links: <i>working scientifically, geography Skills, rocks, human and physical geography</i>
Geo-journey	On an expedition through the local landscape, children will challenge themselves to uncover the mysteries of our countryside. They will use digital technologies and apply their geographical knowledge to a series of exciting activities which will deepen their curiosity and understanding of the natural world. Curriculum links: <i>working scientifically, geography skills, rocks, human and physical geography</i>
Rivers and life everywhere	Using a variety of engaging activities, children will discover the physical geography and river processes, which have formed this distinctive habitat. Working scientifically to gather data children will ask questions to build a picture of the river and the life that surrounds it. They will journey beside and within the watery world, discovering the plants and animals that make rivers and streams their homes. Curriculum links: <i>working scientifically, geography skills, evolution, human and physical geography</i>
Evening activities Each trip includes some evening activities led by us, and some supervised by you. All the equipment is provided.	
Night walk	Children will use their senses to explore the inspiring dusk environment and discover the wildlife that inhabits our nocturnal world. Curriculum links: <i>working scientifically, living things and their habitats</i>
Disco	School-supervised activity. Help them burn the last of the energy off and develop new social skills with some suitable music. We will set up an area and sound system but the dancing skills are down to you. Curriculum links: <i>personal development</i>
Film night	School-supervised activity. You can sit back and relax as we set you with a suitable film and provide the popcorn. Curriculum links: <i>personal development</i>



Castle Head Field Centre provides outdoor adventure for everyone!

The centre offers a huge range of exciting outdoor adventure activities to suit all ages and abilities with rafting-building, canoeing, ghyll-scrambling, low and high ropes, mine exploration, an obstacle course and much much more.

Castle Head is located in beautiful south Cumbria between the coast of Morecambe Bay and the Lake District National Park. The Centre is easily accessible by both road and rail, only 20 minutes from junction 36 of the M6 and a 90-minute drive from both Manchester and Liverpool.

With easy access to both the coastline of Morecambe Bay, the glaciated uplands of the southern Lake District and the lakes of Windermere and Coniston, Castle Head is ideally situated for a wide range of outdoor learning activities.

With over 30 dormitories and en-suite rooms

What's included

- Expert tuition from our tutors
- An action-packed programme
- Comfortable, indoor accommodation for up to 160 guests, in a mix of dormitories and en-suite rooms
- Homemade, healthy meals, with all dietary concerns taken care of
- Generous classroom space
- Common room areas
- One free teacher place for every 12 children
- 24-hour duty system

Castle Head has 160 beds. Groups benefit from the use of our classrooms and common rooms, and can fill up with full board food. Breakfast and dinner are freshly cooked, providing healthy meals that can be adapted for most dietary requirements.

Please contact us to find out about availability and special offers

Contact us

To check dates for your group at Castle Head

Phone: 01743 852100 Email: enquiries@field-studies-council.org

Enquire online: www.field-studies-council.org/primary-residentials