St. Paulinus Catholic Primary School

Inspiring all to live, learn and love in the light of Jesus.

(*cf* John 8:12)

4th February, 2020

Dear Parents / Carers

Reception : EY2

Project Sports are attending our school on a **Wednesday** morning (09:00 – 09:30) commencing Wednesday 26th February – Wednesday 1st April, to provide the above year group with bush craft lessons. For children to be able to experience the activities described below, please ensure that on Wednesdays they bring to school a pair of wellies / old trainers or walking boots, a warm jumper and a pair of tracksuit bottoms (to change into so that they don't get their school uniform mucky), warm coat, gloves and a hat as the sessions will take place outside in all weather conditions.

The children will partake in various activities :

Module 1: Basic Bush craft
- Introduction: What is Bush craft
- Awareness of surroundings. Understanding what nature can provide to develop shelters/tracking/fire/food

Module 2: Tracking/orienteering
- Animal Tracks
- Map Skills
- Survival Tracks

Module 3: Developing shelters – pairs exercise
- Using the woodland to build habitable and dry enclosures for one person.
  - "ribs" style shelter for an individual

Module 4: Developing shelters – team exercise
- Scenario/teambuilding exercise – Building larger shelters to cope with nature.

Module 5: Hunting/sourcing food
- Finding water – building water stores.
- Moving quietly/camouflaging for hunting purposes

Module 6: Weapons/tool making
- Animal traps
- Bows and arrows

Module 7: Team Building
- Night line
- Team building games
- Trim trail

Module 8: Camp Fire
- Toast marshmallows around fire
- Smoke Signals

Yours sincerely

Mrs. K. Clayton, PE Co-Ordinator