

Here are some topic ideas for preparing students for their course. These may help you to consider curriculum links. Our instructors will be able to build upon a subject whilst out on activities, if you let them know (preferably in advance of the course) of your wishes.

If you have other suggestions, please get in touch with your feedback: MarketingTeam@outwardbound.org.uk

Subject	Topic of study/Activity	Useful resources	Links during course
As a course group	John Muir and the John Muir Award Look at his life, the history of national parks, the different elements of the John Muir Award.	http://www.jmt.org/jmaward-home.asp http://www.sierraclub.org/john_muir_exhibit/life/muir_biography.aspx	Completing the 'Discovery' award
History	Local History (of the relevant centre) industry, communities and individuals. eg. Ullswater- mining industry- dam bursts and lead pollution in the lake. Helvellyn and the first plane landing on a mountain summit. The history of the actual house, eg. During WW1.		Visit the mines at Glenridding or Nenthead. Visit plaque on Helvellyn summit.
	Look at Generations project case studies and past students experiences- so they can think about what's changed and explore what their expectations are of the course.	http://www.outwardboundgenerations.org.uk	Link to hopes and fears as a group with instructor.
Geography	Relevant to the centre, eg. Aberdovey- coastal estuaries, Ullswater and Loch Eil- glaciations.	http://www.bbc.co.uk/schools/gcsebitesize/geography/coasts/coastal_management_rev1.s.html http://www.bbc.co.uk/schools/gcsebitesize/geography/glacial_landscapes/glaciation_rev1.s.html	Visit the areas to see examples of what they've studied.
	Look at UK locations- work out directions and how long it will take to get there. Investigate local environment- rock type, wildlife they might find, native species, tourism	http://maps.google.co.uk/ http://www.outwardbound.org.uk/schools-a-colleges/course-venues.html	Continue studies and visit locations.

Science (Biology)	Investigate human body and how it is affected by environmental factors- cold, wind, water. Study insulation and protection from elements. Consider healthy eating in terms of energy expenditure and dietary needs during periods of exercise.	http://www.ehow.com/info_7963049_insulation-project-ideas-seventh-grade.html http://www.bbc.co.uk/health/treatments/healthy_living/nutrition/index.shtml	Experiment using wetsuits and different clothing for different activities. Work out calories in lunch/ calories expended in activities.
	Seasons of the year- think about the time of year they will be visiting in terms of what they expect to see- wildlife, plants, weather.	http://www.wildflowers.co.uk/cms , http://www.naturalengland.org.uk/advice/wildlifeguide/default.aspx	
	Learn about the water cycle, carbon cycle and how it affects the local environment at the centre- and how they contribute to it. Learn about water conservation and how they can make a difference.	http://www.water-guide.org.uk/tips.html	
English	Creative writing project- look at journalism. Interview a past student and write a newspaper article about their experiences.		
	Research and conduct interviews on different relevant subjects, like location, history, activities and give a presentation to their class individually or as a group about what they find out.		
PE	Activities that promote teamwork in small groups and decision making skills. Team roles and responsibilities in a team.	See the 'Activity Cards' we have prepared to help with this.	
	Healthy eating and fitness programmes.	http://www.nhs.uk/Livewell/healthy-eating/Pages/Healthyeating.aspx	
DT Art	Design challenges- a barrel raft, design a tent, design a rucksack, boot. Think about purpose, materials and design features.	Look at suppliers like Berghaus- www.berghaus.com	If appropriate they could build and test eg. Barrel raft.
	Drawing from memories or pictures, sculptures, creative responses to their experiences.	Pictures from our website as stimulus.	Take their own pictures for use back at school. Natural sculptures during the course using artists work as stimulus.