

4.6: Outcome 6

Skills and knowledge

Participants are acquiring and developing a range of skills and knowledge resulting from, and in support of, their participation in outdoor activities, recreation and exploration.

Indicators

The participants you work with:

- » Know how to dress appropriately for outdoor activities according to the conditions and level of challenge.
- » Understand how to keep themselves comfortable when outdoors in a variety of environments
- » Appreciate the impact of the weather on their participation.
- » Understand the need for appropriate planning when undertaking adventurous activities.
- » Develop physical skills that they adapt and apply effectively in outdoor activities.
- » Develop relevant mental skills (e.g. Determination, co-operation, resilience, reflection).
- » Know how to assess potential risk and make appropriate decisions.
- » Develop their understanding of theoretical concepts through practical application.
- » Acquire environmental knowledge and ecosystems awareness.
- » Recognise the value of training and practice to develop and refine skills.
- » Are aware of relevant countryside and access codes of practice.
- » Are aware of the potential benefits and challenges associated with using digital technology in the outdoors.
- » Understand something of the history and ethics underpinning outdoor sports and leisure activities.
- » Respond positively in challenging environments (e.g. darkness, inclement weather).
- » Know the value of seeking and accepting additional coaching input to improve performance.
- » Recognise the value of competition as a potential spur to high performance.

If you are providing high quality outdoor learning, most people should be meeting or progressing towards some of the above indicators.

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