

# Urban Forest School

Learning Adventures  
with



# What is Urban Forest School?

Two local organisations with one common goal:

To enable young people to access fun, active learning experiences, without the travel!

As community partners Redpoint and Omega have teamed up to create a programme that allows Schools & Youth groups to enjoy the benefits of day trips from the comfort of their own grounds.

We bring the Adventure to you!



Activities we offer	Learning outcomes	Key stage education
<ul style="list-style-type: none"> <li>• Archery</li> <li>• Bush craft</li> <li>• Giant Cluedo</li> <li>• Body zorbing</li> <li>• Environmental Arts</li> <li>• Mobile Climbing wall</li> <li>• Problem solving               <ul style="list-style-type: none"> <li>• Sensory trail</li> <li>• Orienteering</li> <li>• Team sports</li> <li>• Rocket build</li> <li>• Kayaking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Team work</li> <li>• Confidence</li> <li>• Social inclusion</li> <li>• Communication</li> <li>• Feelings management               <ul style="list-style-type: none"> <li>• Environmental awareness</li> </ul> </li> <li>• Broadened horizons</li> <li>• Health and fitness</li> <li>• Leadership skills</li> <li>• Problem solving               <ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Independence</li> <li>• Resilience</li> <li>• Fun</li> </ul> </li> </ul>	<p>Each activity offers the opportunity to complete different LOTC key stage criteria, here are a few examples from climbing:</p> <p><b>PE 1a:</b> To consolidate their existing skills and gain new ones</p> <p><b>PE 1b:</b> To perform actions and skills with more consistent control and quality</p> <p><b>PE 2c:</b> To apply rules and conventions for different activities</p> <p><b>PE 5f:</b> Knowledge, skills and understanding of outdoor and adventurous activities</p> <p><b>EN1 2:</b> To listen, understand and respond appropriately to others</p> <p><b>EN1 2e:</b> To respond to others appropriately, taking into account what they say</p>



# Learning Adventure aims

We believe that when we're having fun, we're more likely to learn and remember, that's why we are so passionate about education through adventure.

For us, outdoor education is about taking on challenges both physical and mental, that will lead to the development of self confidence all while having FUN!





# Climbing

- Increase strength, endurance and flexibility
- Improve hand feet and eye coordination
- Develop problem solving, planning and decision making abilities
- Great for stress relief and helps build self confidence
- Engage in team work, communication and trust





# Archery

- Improves focus, accuracy and consistency
- Encourages independence
- Promotes friendly competition
- Plus fun team games that build planning, leadership and communication skills





## Social and emotional development

At Urban Forest School events, our staff team encourage guided learning in a positive and structured environment, allowing participants the chance to take ownership of their experience.

We instil a sense of responsibility within our groups that supports the importance of working together.

We encourage everyone to take part and offer the opportunity to show and develop strong leadership skills.





# Kayaking

- Build confidence on the water
- Learn how to control the boat using a variety of paddle strokes
- Test balance and stamina with different challenges
- Play games on the water to improve teamwork
- Make a splash and have fun!





# Sensory trail

- Improves adaptability
- Helps them learn to focus using a range of senses
- Builds trust within the team
- Encourages leadership
- Shows the importance of clear communication





# Inclusivity and accessibility

Adventure is for everyone!

All our activities are challenge by choice and promote success for everyone.

Our land sessions run on a 1:12 ratio to ensure plenty of individual support is available from the instructor.

We believe everyone should have access to outdoor learning and are happy to organise extra support for young people with additional needs.

We even have our own SENCo!





# Orienteering

- Builds strong communication and planning skills within smaller teams
- Uses map reading, compass work and timed challenges that help develop team work in a competitive setting





# Bush craft

- Den build
- Fire lighting
- Water filtration
- Knife skills
- Rescue scenarios

Each providing a variety of transferable life skills





# Promoting good mental health

Our team aspire to inspire people of all ages and abilities to get involved with activities that improve health, well-being and resilience.

We even have our own mental health first aider!

It has long been known that physical activity improves mood and builds confidence. Being active in an outdoor environment has been proven to exhibit the same positive outcomes as well as being a great stress reliever.





# Problem solving

A series of physical mind challenges to develop:

- Teamwork
- Communication
- Life skills
- Divergent thinking
- Feelings management
- Planning
- Leadership





# Body Zorbing

A fun test for any teams  
'Bouncebackability' and a  
great addition to any  
event, get bouncing and  
get smiling!

Games we love:

- Sumo
- Protect the president
- Football
- Bull-dog





## Our Ethos

Our ethos is "Leave it better than you found it", we believe that "leave it as you found it" is the least we can do and strive for better. We endeavor to be as eco-friendly as possible, so we re-use, re-purpose and recycle whatever we can.

We encourage young people to adopt this ethos through our environmental arts and crafts projects which are designed to get them thinking about the "throw away culture" and use imaginative ways to make eco-changes through up-cycling.





## How we're staying safe

- Reduced participant numbers
- Supervised buddy check of safety equipment
- Helmets for under 18's kayaking only
- Equipment clean down after each group
- Keeping 1m distance outdoors\*
- Regular hand sanitising
- Face mask and safety glasses/visor as part of first aid and close contact PPE

\*Distance is kept unless the instructor deems a safety rescue necessary





# Urban Forest School

## How to book:

Choose your activities

Pick a date & time

Let us know your learning outcomes

Tell us about your space

## Contact info:

To start planning your Adventure please  
email:

[info@repointbirmingham.co.uk](mailto:info@repointbirmingham.co.uk)

