



# TRAILBLAZER

Finding your feet outside the classroom!

AUTUMN 1 2020 NEWSLETTER

## Updates & resources



We have updated our Trailblazer website with resources with lots of new activities and weblinks. They are grouped into themes, and you can search by subject. So whether you are looking for outdoor spelling and phonics activities through to hands on activities to support your Roman topic, we hope you will use the resources to support you in embedding outdoor learning into your everyday curriculum, using your school grounds and local area.

On-site activity and off-site visits are obviously looking a little different this term but the Hampshire Outdoors team are here to support you in getting your children back outside, active and taking part in visits. Although residential visits, both UK and overseas, are currently not permitted, we would encourage you to consider visits closer to your school site and to make use of your school grounds. Transport may be more challenging than for previous visits, so do liaise closely with your transport provider to ensure you are satisfied with their arrangements.

Please ensure that you complete the appropriate EVOLVE forms and Risk Assessments for your visits, taking into consideration risks associated with COVID-19. Trailblazer resources can help your school start the process of heading to the outdoors for learning, during Covid-19 and beyond. [www.hants.gov.uk/educationandlearning/oe-pe-dofe/outdoor-education/trailblazer](http://www.hants.gov.uk/educationandlearning/oe-pe-dofe/outdoor-education/trailblazer)

**If you would like any help or support with outdoor learning (such as a twilight or inset) or need outdoor activities developed on a particular theme, then please contact us at [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)**



# Autumn activity ideas

As the season of mists and mellow fruitfulness starts to arrive, here are a couple of leaf activities you could try.

## Leaf Mandalas

Learn and practice symmetry by collecting leaves and making leaf mandalas. The word mandala is a Sanskrit term that means “circle” and in fact a mandala is a circular structure with a design that radiates out symmetrically from a unifying centre.



## Leaf Characters

Children can create their own leaf character or animal either outside on the ground or on a piece of card with a couple of strips of double sided sticky tape on it. This could form the basis of character writing or biography writing. Children could then consider: The sort of life might s/he lead?; Where does s/he live?; What s/he thinks about and feels? They could even write their own story about their leaf character.



These activities are taken from the new Trailblazer resource of Leaf Activities. Check it out to find more art, science and maths activities using leaves.

<https://documents.hants.gov.uk/education/trailblazer/Leaf-Activities.docx>



**Free  
Trees!**

If you need trees or hedgerow plants to develop your school grounds, then apply for free packs from the [Woodland Trust](#).

This is a great way to develop your grounds and also get young people involved in how planting tree's is done. Think about how you can tailor nature to a classroom lesson.



## Trailblazer Training

To get your school or youth group involved with Trailblazer, one or two members of staff need to attend one of our Trailblazer – Get Your School Started training days. The next one is Tuesday 3 November 2020 at the Gilbert White Field Studies Centre. Go onto the Hampshire Learning Zone to book or contact [outdoor.education@hants.gov.uk](mailto:outdoor.education@hants.gov.uk)



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## How Wild Are We

Encourage your pupils, class or school to take part in [How Wild Are We?](#) 5 citizen science projects with Hampshire and Isle of Wight Wildlife Trust.

1. Window Wildlife Spotter
2. Invertebrate Insight
3. Plant Plotter
4. Nightlife survey
5. Pondlife survey

## Foraging for Autumn Bounty

Autumn is a great time to look out for nuts and berries in woods and hedgerows whilst out on local walks or even in your school hedgerows. Here is some expert guidance from [Countryfile](#) on the best nuts, seeds and berries to forage for in September and recipes to using your harvest. [Always forage responsibly.](#)

## Register now with the RSPB for the Big Schools' Birdwatch 2021

We're all finding our way in this strange new world, but there are some constants – for example the Big Schools' Birdwatch, which is now in its 20th year! [Register today](#) to get your fantastic pack, which has everything you need to make the Birdwatch enriching and engaging.





## Dates for your diary

Here are lots of events and activities coming up that can be used to support getting children active and learning outdoors!

### Great British September Clean - September 11 to 27 2020

The rescheduled spring clean, encourages school groups and communities to pick up litter and make a difference in their local area.



### Recycle Week 2020 - September 21 to 27 2020

This year's theme will thank the nation for continuing to recycle despite the challenges that COVID-19 has presented, under the banner 'Together - We Recycle'. Try: Recycling sorting activities; Design a logo or poster for recycling; or hold a Recycle Week scavenger hunt.



### Seed Gathering Season September - 23 to October 23 2020

Since 1998, The Tree Council has been organising Seed Gathering Season, the autumn campaign to inspire everyone to gather seeds, fruits and nuts and grow the trees of the future. The festival starts each year on the 23rd September (the autumn equinox, considered to be the first day of autumn) and continues until the 23rd October.



### Bike to School Week - 28 September to 2 October 2020

Bike to School Week promotes the many benefits of cycling to school and the positive impact that an active lifestyle can have on pupils' wellbeing and health.



### National Poetry Day - 1 October 2020

Why not read or write some poetry outdoors to celebrate National Poetry Day.



### National Clean Air Day - 8 October 2020

A day to champion keeping our air clean. Also visit [www.myjourneyhampshire.com/cleanairday](http://www.myjourneyhampshire.com/cleanairday) to find easy and 'socially distanced' ways to raise awareness about the harmful impacts of air pollution, and actions we can all take to improve air quality, helping to protect the environment and our health. Download a Primary or Secondary Clean Air Day pack containing great ideas and resources, including a Clean Air Day class presentation and a pupils' poster competition with great prizes to be announced. For a chance for your school to win a Flow Meter, a hand-held air pollution monitor worth over £100, register online and let us know about the campaigns and activities you decide to run for your Clean Air Day.



Finally, see our new Trailblazer fieldwork activity, investigating the effect of traffic pollution on wildlife, produced in conjunction with My Journey Hampshire <https://documents.hants.gov.uk/education/trailblazer/Roadside-Air-Quality-and-Nature-Survey.docx>



## More dates for your diary

### Forest School Day - 9 October 2020

An annual day to connect, share and celebrate all that is great and wonderful about UK Forest School.



### Outdoor Classroom Day - 5 November 2020

The theme this year is 'Love the Outdoors'. Check out the website for ideas and resources for a whole day outside the classroom.

### Road Safety Week - November 16 to November 22

Sign up for an action pack for the biggest road safety awareness event in the UK.



### National Tree Week - 28 November to 6 December

National Tree Week is the UK's largest annual tree celebration, marking the start of the winter tree planting season.



### Tree Dressing - 1 to 7 December

Tree dressing, in the first week of December, is based on many old customs from all over the world and at different times of the year. Celebrate a special tree in your school grounds, by decorating it.

**HAMPSHIRE OUTDOORS**  
**DISCOVERY ON YOUR DOORSTEP**  
 ENGAGING, RELEVANT AND COST EFFECTIVE OUTDOOR  
 IDEAS FOR THE WHOLE CURRICULUM

**19TH MARCH 2021**

**STUBBINGTON STUDY CENTRE**

**£100 - INCLUDES WORKSHOPS AND REFRESHMENTS**

**GUEST SPEAKERS:**

**SUE WAITE - VISITING RESEARCH FELLOW AT THE UNIVERSITY OF PLYMOUTH**

**MATTHEW DAMPIER - HEADTEACHER AT DROXFORD JUNIOR SCHOOL (FULLY INTEGRATED OUTDOOR LEARNING SCHOOL)**

# Physical Education

I thought it would be useful to start the new academic year with a review of the resources that I signposted parents to in the Trailblazer Newsletter over the summer as many of these will be useful for either Physical Activity sessions or PE lessons this Autumn term. The resources tend to have minimal equipment and are often activities that could be done outside and as part of PE lessons. Before using any of these resources it is worth knowing what your curriculum intent is and what you are trying to achieve through the PE curriculum in your school. If your PE subject leader would like any help with this, please ask them to get in touch at [jodie.bascombe@hants.gov.uk](mailto:jodie.bascombe@hants.gov.uk) Once you know what you want to achieve, you can then use these resources to find alternative games and activities to those that you would usually do.

## PHYSICAL EDUCATION (PE)

### [www.yorkshiresport.org/get-active/thisispe](http://www.yorkshiresport.org/get-active/thisispe)

@YorkshireSport on social media. There are lots of 2 minute clips explaining games and activities to help children the fundamental movement skills. I would really recommend for KS1 and lower KS2 for ideas for PE lessons e.g. Ideas for games to improve co-ordination.

### [www.youthsporttrust.org/pe-home-learning](http://www.youthsporttrust.org/pe-home-learning)

Another fantastic resource with lots and lots of cards with ideas for activities that can teach aspects of PE – really easy to use cards too.

## PHYSICAL ACTIVITY (PA)

### [www.stormbreak.org.uk](http://www.stormbreak.org.uk)

If you aren't already involved as a school, then check out this website. Stormbreak is a great charity which focusses on promoting good mental health through physical activity. The work that they are doing in schools is amazing and I know schools have seen really positive outcomes for their children.

### [www.energiseme.org/schools/daily-activity](http://www.energiseme.org/schools/daily-activity)

The Energise Me website always has lots of ideas for getting active, but they have a section dedicated to physical activity in primary schools which is really useful.

### [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups)

This NHS site has lots of quick ideas that could be used as warm up activities.

### [www.youtube.com/user/CosmicKidsYoga](http://www.youtube.com/user/CosmicKidsYoga)

I know a lot of schools already use this, but a great resources for Year R/KS1.

### [www.bbc.co.uk/programmes/p06tmmvz](http://www.bbc.co.uk/programmes/p06tmmvz)

Great 5 minute warm up or PA ideas for KS1.

### <https://myjourneyhampshire.com/transition>

A great resource for children planning their journeys to school. Generally used for transition when children are planning new routes, but as children look for new ways to travel to school that avoid public transport, this can really help.

### [www.kessp.com](http://www.kessp.com)

Some great lesson ideas here with easy to use cards and cross curricular links. Good for KS1 and KS2 as they have some sports specific ideas.

### [www.readysetride.co.uk/activities.php](http://www.readysetride.co.uk/activities.php)

I would have loved to teach cycling as part of my school PE curriculum and teachers with QTS can do this as long as they are 'competent.' We offer twilight training for this and these resources are great to use in lessons or to share with parents.

**Please do get in touch at [jodie.bascombe@hants.gov.uk](mailto:jodie.bascombe@hants.gov.uk) if you have any PE or PA questions.**