



GCSE PE trip 2020

13th – 16th March

Departure and arrival times

We will be departing from **Spalding bus station on Friday 13th March at 6.00am-don't worry we will call off at McDonalds for breakfast!** All pupils will require a packed lunch and refreshments on the first day of the trip.

Arrival back at Spalding bus station on **Monday 16th March** is subject to change. In previous years, we have returned at **approximately 7.00pm**

VENUE: HIGH ADVENTURE OUTDOOR EDUCATION CENTRE, 233 KEIGHLEY ROAD, COWLING, KEIGHLEY, WEST YORKSHIRE BD22 0AA, 01535 630044



HIGH ADVENTURE
Outdoor Education Centre



Itinerary (subject to weather conditions)

Friday – Climbing (in the climbing centre)

Saturday – Climbing (in the climbing centre)

Sunday – Road Cycling (on local roads)

Monday – Road Cycling (on closed road track)

Students will be filmed over the course of the 4 days, in both activities. The footage will be for internal use only and will provide evidence to support their grade.



HIGH ADVENTURE
Outdoor Education Centre

Kit List

THERE WILL BE LIMITED SPACE FOR LUGGAGE ON THE MINI-BUSES. PLEASE TRY AND BRING A CABIN BAGGAGE SIZED CASE.



Kit List

- Medication (clearly labelled)
- 1 x large towel
- 2 x pairs of trainers (1 pair suitable for climbing/cycling the other pair for wearing around the centre-these are usually sliders or slippers)
- Re-usable drinks bottle
- Comfortable indoor clothes for wearing around the centre
- 2/3 pairs of tracksuit bottoms or leggings-these should be suitable for climbing/road cycling (**NO JEANS-THESE ITEMS MAY GET WET/MUDDY/OIL ON THEM SO NOTHING TOO EXPENSIVE PLEASE**)
- 2/3 sweatshirts
- 2/3 T-shirts
- Socks & underwear
- Cycling shorts, gloves & hat (cold weather items)
- Sun cream (warm weather item)
- Toiletry bag – shampoo, soap, toothpaste & brush
- Pyjamas / similar
- Mobile phone
- Warm jacket/coat
- Mug- **IF YOU WISH TO DRINK, YOU NEED A MUG!!**
- A small amount of money (we would recommend no more than £30)



Assessment

ROAD CYCLING

Part 1 – Skills (10 marks)

Students being assessed in road cycling cannot also be assessed in track/velodrome cycling.

- 1 Flat road technique/pace maintenance – in and out of saddle.
- 2 Ascending technique.
- 3 Descending technique (including braking).
- 4 Chain ganging.
- 5 Cornering.
- 6 Sprinting.

All skills/techniques should incorporate the efficient use of gear changes.

Part 2 – Full context (15 marks)

Students should perform in a fully competitive cycling race (at least 10 miles), demonstrating the appropriate skills against suitably challenging opponents and on a suitably challenging route/course/stage. The level of challenge should be taken into consideration when awarding marks.



Assessment

CLIMBING

Part 1 – Skills (10 marks)

Students can be assessed indoor or outdoor.

- 1 Bottom/top rope climbing, hand/finger/foot jams, 2/3 point contact.
- 2 Rope work.
- 3 Overhang/mantle shelf.
- 4 Traversing.
- 5 Abseiling.

Part 2 – Full context (15 marks)

Students should perform a climb, either in competition or against a suitably challenging environment, demonstrating the skills appropriate to their chosen route. The difficulty of the climb should be appropriately challenging for the performer.



Get ahead of the game

Watch the following cycling videos to help with the cycle race tactics and strategies

How to ride through and off (chain ganging):

<https://www.youtube.com/watch?v=kWEoBFkwsc0>

What is the fastest cycling position:

<https://www.youtube.com/watch?v=MVxK9VV0kQY>



Activity Groups

- Group 1 (Miss Jones)
- Group 2 (Miss Pascoe)
- Group 3 (Mr Farrell)



CODE OF CONDUCT FORM

PARENTAL CONSENT FORM

OUTSTANDING PAYMENTS

ALL MUST BE IN BY FRIDAY



HIGH ADVENTURE
Outdoor Education Centre

Name	Code of conduct	Medical
1. AVERY Jessie	✓	✓
2. BELL Emmi	✓	✓
3. BRIGGS Mollie	✓	✓
4. CROKER Emma	✓	✓
5. FREEMAN Maddie		
6. HARRISON Honey		✓
7. HAUNCH Madeline (2 days only)	✓	✓
8. LEES Abbie		
9. LUCAS Holly		✓
10. ORME Caitlin		
11. PARSONS Phoebe		
12. SANSOM Emily	✓	✓
13. SMITH Sophie	✓	✓
14. TURNER Liberty		
15. VAN DER WEYDEN Emily	✓	✓
16. WARD Nicole		
17. BARLOW Erin	✓	✓
18. BOEKESTYN Hennie	✓	✓
19. CROSS Daisy		
20. DODD Jemima (2 days only)		
21. GAMMAN Alice	✓	✓
22. GREEN Lydia		
23. HANLON Kiara	✓	✓
24. HEWITT Molly	✓	✓
25. MCFARLANE Beth	✓	✓
26. MOORE Keris	✓	✓
27. OLANIRAN Joan		
28. PATRICK Hetty		
29. PHILLIPS Charley		✓
30. RICHARDS Emily	✓	✓
31. RINGSELL Jessica		
32. RYAN Leona	✓	✓
33. RYCROFT-JONES Immy	✓	✓
34. VOAk Chloe		
35. BARKER Trinity		

