Planning Your Arete Outdoor Learning Outcomes:

Range of Potential Adventurous Activity Benefits and Learning Outcomes

Developing Individual Potential

- Building Self-Confidence
- Boosting Self-Esteem
- Coping with Challenge
- Providing Hands-on-Experience
- Facilitating Personal Decision Making
- Stretching Personal Comfort Zone
- Improved Motivation
- New Skills and Unlocking Talent
- Providing Rites of Passage

Improved Learning Skills

- PSHE
- Key skills
- Citizenship
- Experiential Learning
- Managing Challenge and Risk
- Maximising Learning through Multiple Intelligences
- Learning with Consequences
- Access to Lifelong Learning
- Theory into practice

Improved Teamwork Skills

- Cooperating with Others
- Learning to Trust
- Group Decision Making
- Helping and Caring for Others
- Setting and Achieving Team Goals
- Effective Communication-Listening and Speaking
- Working Together and Sticking Together
- Establishing a Group Identity
- Awareness of Strengths and Weaknesses
- Taking Responsibility

Spiritual and Emotional Development

- Emotional Literacy-Awareness and Understanding of Self and Others
- Developing Self-Reliance and Independence
- Developing Self-Respect and Self-Esteem
- Responding to the Awe and Wonder factor
- Developing a Positive Attitude to Challenge
- Developing a Sense of Adventure
- Developing the ability to Emphasise
- Appreciation of People and Places

Improved Relationships Skills

- Heightened sensitivity to the Needs of Others
- Adults seen in a different light
- Young People seen in a different light
- Working and Living with Others
- Understanding the need for Trust and Cooperation

Improved Understanding and Awareness of Environment and Other Cultures

- New Places and Expanded Horizons
- Appreciation of the Natural Environment
- Eco Awareness
- Contextual Learning-Fieldwork in context
- Practicing the Principles of Sustainability

Course Organisers should consult with their staff team to identify core course aims/themes and the targeted outcomes they wish to prioritise and evaluate "with rigor" to meet OFSTED expectations. This can be the basis of negotiating an activity programme to support your needs.