



Learning	Individual	Teamwork	Relationships	Environmental	Emotional Development and well-being
<ul style="list-style-type: none"> • Key curriculum skills • Links in learning • Experiential learning • Practical application of skills • Removal of language barriers • Learning with consequences • Having the chance to shine • Recognizing hazards • Managing risks • Concrete experience • Enabling different learning styles 	<ul style="list-style-type: none"> • Building self-confidence • Raising self-esteem • Goal setting • Decision making • Hands on experience • Fitness, exercise, health and wellbeing • Lifelong memories • Leadership • Find strengths • Expanding comfort zone • Motivation • Following instructions • Leisure interest for life • Developing new skills • Personal achievement • Unlocking talent • Challenging themselves 	<ul style="list-style-type: none"> • Co-operation • Trust • Group challenge • Group decision making • Group adhesion • Helping others • Establishing team goals • Caring for others • To lead and follow others • Meeting targets • Communication • Group achievement • Goal setting 	<ul style="list-style-type: none"> • Friendship • Relationships for life • Respect for authority • Awareness of the needs of others • Helping others • Pupil/pupil Interaction • Teacher/pupil Interaction • Resolving disputes 	<ul style="list-style-type: none"> • Minimize impact on nature • Exploration • Curriculum in context • Sustainability • Caring for the local environment • Taking responsibility for the local environment • Learning about habitats and how to look after them • Citizenship 	<ul style="list-style-type: none"> • Emotional literacy (awareness of self and of others) • Empathy • Fun • Self-understanding • Self-reliance • Self-knowledge • Self-respect • Success • Sense of adventure • Enjoyment • Awe and wonder • The wow factor

