



## **Accredited Learning Model**

### **Introduction:**

#### **Who we are**

Craigmillar Adventure project (Capro) was set up in 1992 as a recognised Scottish Charity and is a registered Company Limited by Guarantee, sponsored by the City of Edinburgh Council. Capro holds a current AALA Licence and is an Edinburgh Approved Provider.

Capro is managed by a volunteer Board of Directors consisting of members of the community and representatives of organisations that work to support communities.

Capro has some members of the staff team who are employed by City of Edinburgh Council, Children and Families within Community Learning and Development. They are line managed via the Council and work in partnership with the Capro Board to further the objectives of Capro.

#### **What we do**

Capro offers various challenging outdoor educational experiences to stimulate learning and development. We offer tailor made activity programmes to suit the needs of each group that we work with and are generally focused to meet objectives within the scope of personal and social skills development and accreditation as well as for recreation and fun, encouraging active and healthy lifestyles.

### **Why Outdoor Accredited Learning?**

The outdoor environment offers a vast array of experiences for all ages and abilities and it is widely agreed that the potential for learning in this environment, for many, is highly beneficial towards their outcomes. The outdoor activity sector has over recent years introduced various types of accredited learning into programmes that include nationally recognised certification.

The following paragraph is taken from the publication "taking learning outdoors, partnerships for excellence" produced by Learning and Teaching Scotland.

#### ***Rationale for outdoor learning***

*Capro believes that outdoor education provides powerful learning environments and that the "hidden curriculum" plays a major part in outdoor learning.*

*Within a good outdoor education experience young people will take away a sense of empowerment, a sense of their freedom and responsibility, a sense of the possible, a sense that fear, like failure, can be healthy, important and useful. Outdoor learning is an important facilitator for lifelong learning.*

It is the intention of Capro to offer accreditation through outdoor learning in line with the Curriculum for Excellence 3-18. Many of Capro's clients include a wide age range of youngsters who do not fair well in the standard school environment for many reasons. We need to offer different and challenging experiences to stimulate their learning and development. Using the outdoors as a median for learning engages and motivates learners through hands on experiences and develops engagement and motivation, broadens their skills base and contributes towards higher achievement throughout the curriculum.



## **What are Capro offering?**

Capro are able to offer accreditation of various types and levels. There are many personal and social outcomes that are automatically developed throughout and these sit well within the “Curriculum for Excellence” capacities, such as, successful learners, confident individuals, responsible citizens and effective contributors.

We provide flexible, personalised learning opportunities with appropriate recognition.

Capro’s staff are well experienced and qualified both with a wide variety of group type and each particular outdoor activity, this therefore relieves its clients of any worries relating to health & safety, risk assessment and staff competency.

The following points highlight the diversity of possible outcomes that accredited outdoor learning can offer both to participants and Institutions:

### **Participants**

- Develop self esteem and communication skills
- Self-reliance and ability to self & peer review
- Promotes a knowledge towards healthy lifestyle and well being
- Team Building & Leadership
- Greater understanding of others
- Ability to deal with difficult situations and emotions
- Risk Management and judgement
- Environmental awareness
- Develop employability

### **Institutions**

- Higher attendance rates
- Less disruptive behaviour
- Higher rates of achievement
- More engaged and confident pupils
- Shown ability to be adaptable to pupils requirements

The following activities are available through Capro and can all be adapted to accommodate specific aims and objectives dependant on the accreditation required.

Climb & Abseil, Kayak, Sea Kayak, Canoe, MTB, Archery, Sailing, Gorge Walk, Raft Building, Blokarting, Walking, Problem solving, Orienteering, Hill Craft Challenge, Beach discovery, GPS Navigation, Shelter building, Conservation work days.



The **Dynamic Youth Awards** are aimed at young people who are 10 to 14yrs

The Bronze to Gold **Youth Achievement Awards** are aimed at young people who are 14 plus.

### **The Awards**

- Recognise and accredit young people's achievements.
- Encourage progressive responsibility and ownership of learning.
- Provide a mechanism by which to measure the quality of work with young people.
- Reinforce good practice.
- Encourage participation and social inclusion.
- Use peer education.

### **They Enable Young People To**

- Enhance self awareness and self-esteem
- Develop communication skills and resolve differences by negotiation
- Get on with and work well with others
- Explore and manage feelings
- Understand and identify with others
- Develop values
- Plan ahead

In using the peer group to assess and support the young people through the Awards, young people develop a range of social skills that includes negotiation, problem solving, communication, working with others etc. In addition, the reviewing and recording procedures have been designed to promote the development of study skills through planning, reviewing, recording and creating a personal portfolio. In addition to the Award booklets, each young person must submit a portfolio of evidence.

### **Bronze Youth Achievement Awards 14yrs +**

The Bronze Award encourages young people to take part in peer group activities. To complete Bronze young people need to undertake four 15-hour challenges supported by the Award Group Worker.

*Which ever award type is required, Capro can integrate the required aims and objectives within its outdoor activity sessions, each individual will be able to fulfil there challenges and tasks within the term time, provided they participate regularly.*



## John Muir Award

### What is the John Muir Award?

The John Muir Award is an environmental Award scheme focused on wild places. This could be any where from a mountaintop to a city garden. It encourages the discovery and conservation of wild places, in a spirit of fun, adventure and exploration.

The Award is non-competitive, open to all and is the educational initiative of the John Muir Trust. There are three Levels of the John Muir Award, encouraging a progressive involvement. All levels of the Award are based on meeting the same four challenges of: Discover Explore, Conserve, and Share.

**Discover:** Get out in a wild place. This could be your garden, a nearby park, a high mountain, or a local beach. This challenge is all about discovering your own wild place.

**Explore:** Find out more about your wild place. Look at the plants and animals that live there, travel through it, or spend a night camping out and find out what it sounds like at night. Exploring is about getting to know and experience a place.

**Conserve:** John Muir set up the world's first national park and was committed to 'putting something back' into wild places. So for this challenge you need to do something to help take responsibility for your wild place. You could be planting trees or plants, maintaining paths, minimising your impact or perhaps conducting a survey of the wildlife that lives there. It's your turn to look after your wild place.

**Share:** A major part of the Award is to encourage people to value wild places. So throughout your Award we ask that you find ways to share what you are doing. This could be a group discussion around a campfire, a display at school or work, or maybe a contribution to a website. It could be artwork, information leaflets or taking other people out to enjoy the places you have discovered. This is the chance to share your experiences with others



## Duke of Edinburgh Award

The Award is a four-Section programme with three levels:

- Bronze (for those aged 14 and over)
- Silver (for those aged 15 and over) and
- Gold (for those aged 16 and over).

The Sections involve:

- Service (helping people in the community)
- Skills (covering almost any hobby, skill or interest)
- Physical Recreation (sport, dance and fitness)
- Expeditions (training for, planning and completing a journey on foot or horseback, by boat or cycle)
- Residential Project (Gold Award only) (a purposeful enterprise with people not previously known to the participant)

The delivery of the Award is entrusted to over 400 organisations (Operating Authorities) in the UK licensed to run the Programme through Award Groups in, for example, youth clubs, voluntary organisations, Open Award Centres, schools, colleges, young offender institutes and businesses. Operating Authorities include local authorities and national voluntary organisations and they authorise Awards once applicable conditions have been met.

It would usually take a participant between 6-12 months to complete a Bronze Award; 12-18 months for a Silver Award and 18-24 months for a Gold Award. It may take less time for completion of the Silver or Gold Awards if the participant holds the preceding Award. All Awards must be completed by the participant's 25th birthday.

The Award is widely recognised by employers and people involved in education. Some of the benefits to young people include developing self-confidence and self-reliance; gaining a sense of achievement and a sense of responsibility; discovering new skills, interests and talents and developing leadership skills and abilities. They can also discover exciting opportunities; make new friends; experience teamwork, problem-solving and decision-making; increase their motivation; enhance their self-esteem and develop their communication skills. They will also, of course, have fun!



## **National Indoor Climbing Achievement scheme**

The National Indoor Climbing Achievement Scheme (NICAS) is a UK wide scheme designed to promote climbing development and accredit individual achievement on artificial climbing structures. It can be used as a starting point for people wishing to take up climbing and mountaineering. It is open to all candidates aged 7 and upwards.

### **Level 1 Foundation Climber**

An entry level aimed at novices that recognise their ability to climb safely under supervision.

### **Level 2 Top Rope Climber**

This award is aimed at promoting good practice in climbing and bouldering on an unsupervised artificial wall.

## **Canoe and Kayak 1 & 2 Star Awards**

BCU Paddle Power Start Award is a certificate aimed at those who take part in a single session and fulfil the basic criteria, this award carries no additional cost.

The SCA One Star is a flat water award that demonstrates an individual has basic boat control and foundation skills. The one star can be taken in any kind of paddlesport craft.

The SCA Two Star is an improvement award that helps paddlers develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and water interact.

## **National Navigation Award Scheme (NNAS) & Young Navigator Star Award (YNSA)**

### **YNSA:**

The Young Navigator Star Award represents a similar programme to the adult NNAS in encouraging the acquisition of map and compass skills but is specifically designed for the primary age group. It is also designed to fit into National Curriculum areas such as PE, Geography and Maths.

This junior scheme is designed so that the elements at each level of Bronze, Silver and Gold Star Awards can be completed either in the classroom, inside school grounds or in a local park.

The Young Navigator Star Award is open to young people of all levels of physical and mental ability including those with specific disabilities.



## **NNAS:**

All courses include knowledge of safety and access issues when walking in the countryside, as well as an understanding of environmental issues and awareness of impacts.

**Bronze NNAS Award** – navigation in the countryside using paths tracks and other linear features, basic map interpretation and compass work is included. Distance 2-5 kilometres

**Silver NNAS Award** – navigation in the countryside using skills acquired at bronze level and adding skills required to navigate to features and places some distance from paths and tracks, accurate compass work is required and an ability to use appropriate navigational techniques to go across country in some cases, e.g. choosing an appropriate attack point. Distance 5-8 kilometres

## **For further information see the following sites:**

Dynamic Youth and Youth Achievement Award	<a href="http://www.ukyouth.org">www.ukyouth.org</a>
John Muir Award	<a href="http://www.jmt.org">www.jmt.org</a>
Canoe and Kayak Star Awards	<a href="http://www.canoescotland.com">www.canoescotland.com</a>
Indoor Climbing Awards	<a href="http://www.nicas.co.uk">www.nicas.co.uk</a>
Duke of Edinburgh Award	<a href="http://www.theaward.org">www.theaward.org</a>
SQA Access 2 Personal Development	<a href="http://www.sqa.org.uk">www.sqa.org.uk</a>