



# Amazing Activities You Can Do Outdoors with Adventure Sessions

KS2 PE Ages 10-14 ⌚ 3 min read

## What Are Outdoor Adventure Sessions?

**Outdoor adventure sessions** are special PE lessons where you leave the school gym and explore nature while learning new skills. They're designed to challenge you physically and mentally, help you work as a team, and build your confidence in the great outdoors.

Think of it like playing video games outside—you're levelling up real-world skills instead of gaming skills, and the landscape is your playing field.

## Hiking and Trekking Adventures

**Hiking** and **trekking** are walking activities where you explore countryside, forests, or mountains. You learn to read maps, navigate using a compass, and understand the environment around you. These activities build leg strength and stamina while teaching you about nature. Some treks take **several hours**, while others last just **30 minutes**—it depends on your age and fitness level.

## Water-Based Activities

**Kayaking**, **canoeing**, and **paddleboarding** are thrilling water adventures. You learn balance, upper-body strength, and water safety skills. Some schools also offer **swimming in outdoor pools or lakes** as part of adventure sessions. These activities teach you respect for water and how to stay safe near rivers, lakes, or the sea.

Think of paddling a kayak like learning to ride a bike—wobbly at first, but soon you'll feel completely in control on the water.

## Climbing and Rope Work

**Rock climbing**, whether on real cliff faces or specially designed walls, tests your strength and problem-solving. You also learn **abseiling** (controlled descending) and

**rope work**, which teaches you how to stay safe at heights. These activities build confidence and help you overcome fears.

## Camping and Survival Skills

**Camping** teaches you to be independent and resourceful. You learn to pitch tents, build campfires safely, cook outdoors, and navigate in the dark. **Survival skills** like finding water, building shelters, and reading the weather prepare you for unexpected situations in nature.

## Team Games and Orienteering

**Orienteering** combines running with map-reading—you race to find hidden checkpoints using only a map and compass. **Team challenges** like relay races, obstacle courses, and group problem-solving activities build friendship and communication skills. These activities prove that working together makes everyone stronger.

Think of orienteering like a treasure hunt where you're the treasure hunter, the map is your clue, and the forest is your adventure playground.

## Why Outdoor Adventure Matters

These sessions make you **stronger**, **braver**, and **happier**. You discover you're capable of amazing things, develop lifelong skills, and make brilliant memories with your friends—all while having genuine fun in nature.