

# Record of Achievement

Date of visit:

Name:



**OAKLANDS**  
Outdoor Education Centre



**WIRRAL**



# Aims of my course



During your residential course at the Oaklands Centre you will have opportunities to take part in outdoor activities within the beautiful natural environment of the Snowdonia National Park. Your course, as well as being fun, can contribute in a very real way towards your education and life. This *Record of Achievement* will help you understand and record your learning during your course. It will also become your personal reminder of your experience at Oaklands.

## Key Areas of Learning

• <b>Yourself</b>	Through facing challenges develop: Personal confidence, more responsibility, better learning skills, personal health & fitness and a better understanding of health & safety.
• <b>Others</b>	By working in a variety of teams, alongside a variety of people in a range of adventurous activities and residential settings develop: Communication skills and the ability to form effective relationships through shared experience, as well as participation skills setting yourself up with sound values that help you include others.
• <b>Environment</b>	By living and journeying in Snowdonia develop: An appreciation of the natural environment, a concern for living things and an understanding of the interdependence of people and their environment.

## Activities

Rock Climbing  
Canoeing  
Gorge Walking  
Mine Exploration  
Mountain Walking  
Problem Solving  
Orienteering

Participation in these activities will provide you with the chance to learn much about yourself and those around you. Apart from the unique contribution that Outdoor Education can make there are also many links to your school education and curriculum particularly in the areas of Citizenship, Physical Education and Personal, Social & Health Education. Your week is about having real adventures in a safe and supportive environment whilst having great fun.

Enjoy your course

# My course at Oaklands



## My Programme of activities

	Day time	Evening
day		
day		
day		
day		
day		

## My Dormitory Group


## My Activity Group


Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# day



**Activity:**

**Venue:**

Account of the day

Personal aims for the course

- 1.
- 2.
- 3.

**Effort Score.**

Each day score yourself, and get a friend or your staff to score you, on how much effort you put into the day. Circle one, and be honest!

	My best	Good effort	Could have been better	Poor effort
My Score	4	3	2	1
Friend/ Staff Score	4	3	2	1

Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# day



**Activity:**

**Venue:**

Account of the day

Examples of personal achievement

**Effort Score.**

Each day score yourself, and get a friend or your staff to score you, on how much effort you put into the day. Circle one, and be honest!

	My best	Good effort	Could have been better	Poor effort
My Score	4	3	2	1
Friend/Staff Score	4	3	2	1

Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# day



**Activity:**

**Venue:**

Account of the day

Examples of good team work and development plan

## Effort Score.

Each day score yourself, and get a friend or your staff to score you, on how much effort you put into the day. Circle one, and be honest!

	My best	Good effort	Could have been better	Poor effort
My Score	4	3	2	1
Friend/Staff Score	4	3	2	1

Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# day



**Activity:**

**Venue:**

Account of the day

Review of personal aims and group aims.

**Effort Score.**

Each day score yourself, and get a friend or your staff to score you, on how much effort you put into the day. Circle one, and be honest!

	My best	Good effort	Could have been better	Poor effort
My Score	4	3	2	1
Friend/Staff Score	4	3	2	1

Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# day



**Activity:**

**Venue:**

Account of the day

Review of the course

**Effort Score.**

Each day score yourself, and get a friend or your staff to score you, on how much effort you put into the day. Circle one, and be honest!

	My best	Good effort	Could have been better	Poor effort
My Score	4	3	2	1
Friend/Staff Score	4	3	2	1

Use this page to continue with your account from today, draw a picture, create a mind map, or chuff chart (see your staff for resources or ideas). You could also insert a digital photo from today; these can be taken from the CD given to your group leader after your course.



# Evening Activities



Use this page to summarise your evening activities

<b>First night:</b>		<b>Effort Score</b> (4: My best, 3: Good Effort, 2: Could have done better, 1: Poor. Circle one, and be honest!)	My Score	4 3 2 1
Activity:			Friend / Staff score	4 3 2 1
<b>Second night:</b>		<b>Effort Score</b> (4: My best, 3: Good Effort, 2: Could have done better, 1: Poor. Circle one, and be honest!)	My Score	4 3 2 1
Activity:			Friend / Staff score	4 3 2 1
<b>Third night:</b>		<b>Effort Score</b> (4: My best, 3: Good Effort, 2: Could have done better, 1: Poor. Circle one, and be honest!)	My Score	4 3 2 1
Activity:			Friend / Staff score	4 3 2 1
<b>Fourth night:</b>		<b>Effort Score</b> (4: My best, 3: Good Effort, 2: Could have done better, 1: Poor. Circle one, and be honest!)	My Score	4 3 2 1
Activity:			Friend / Staff score	4 3 2 1





Complete this **mind map** to review your week at the Centre by adding examples of how you achieved each key statement. Use only **key words**, not long statements, lots of **colour, pictures**, and more **branches** to help. Include your personal and group aims and add examples of how you achieved them. For more help see your staff

# Word Search



O	A	K	L	A	N	D	S	B	E	L	A	Y	I	N	G	S	T	A	T	I	C	S	C
L	M	A	V	E	N	E	M	W	H	Y	S	H	A	N	D	J	A	M	T	R	U	S	T
P	A	D	D	L	E	O	I	N	U	I	T	T	H	E	L	M	E	T	S	L	A	T	E
K	N	I	A	A	V	N	L	E	M	S	F	G	O	M	A	P	D	Y	N	A	M	I	C
C	D	T	R	A	A	A	E	L	L	A	A	D	G	P	R	H	I	C	A	I	R	N	T
A	A	N	D	Y	W	C	Y	M	R	U	D	C	G	R	P	J	P	B	L	A	K	E	F
P	B	G	M	O	R	E	O	B	E	N	K	A	Y	A	K	E	A	L	S	S	S	I	G
S	S	U	O	F	B	L	U	D	T	G	A	R	I	A	N	G	R	I	V	E	B	L	K
I	E	N	S	U	E	Y	R	A	H	E	R	O	S	W	E	E	P	S	T	R	O	K	E
Z	I	N	L	I	L	N	M	V	W	T	M	L	H	X	D	E	E	T	D	E	U	A	R
E	L	E	A	R	O	E	E	E	A	H	Y	Y	B	D	V	C	N	E	I	V	L	R	M
A	A	L	T	O	W	G	L	S	R	I	F	N	U	A	L	A	S	R	M	H	D	A	A
C	M	A	E	N	!	O	A	K	T	N	I	R	O	A	S	D	H	I	I	R	E	B	N
H	I	N	C	L	I	N	E	H	S	P	R	A	Y	D	E	C	K	D	T	E	R	I	T
I	S	P	O	T	T	I	N	G	D	H	G	E	A	D	A	X	N	G	A	U	I	N	L
E	E	M	E	R	G	E	N	C	Y	F	U	7	N	E	K	A	H	E	R	F	N	E	E
V	S	K	E	T	W	B	A	T	T	E	R	Y	C	A	T	M	A	R	A	N	G	R	E
E	M	S	T	A	L	A	C	T	I	T	E	C	Y	D	A	A	R	W	H	O	O	P	C
M	A	N	T	L	E	S	H	E	L	F	O	Z	A	S	Z	X	N	D	I	A	N	E	H
E	R	O	S	I	O	N	I	L	H	K	F	X	I	E	F	L	E	E	C	E	Y	U	O
N	S	Q	U	E	E	Z	E	O	A	E	E	R	D	R	A	W	S	T	R	O	K	E	O
T	R	O	B	E	R	T	A	S	T	G	I	G	R	O	U	P	S	H	E	L	T	E	R
M	O	R	A	I	N	E	P	I	E	D	G	A	N	G	U	E	C	A	B	A	N	G	E
O	C	O	M	P	A	S	S	K	S	A	H	F	A	T	H	O	M	K	I	B	B	L	E
S	T	I	C	H	T	P	L	A	T	E	T	R	E	S	E	R	V	O	I	R	G	W	G

All these words are lost in the word search, can you find them all?

## Other...

Oaklands  
Cymru  
  
Amanda, Andy,  
Carolyn, Celyn ,  
Dave, Diane,  
Dimitar, Echo,  
Gethin, Nuala,  
Roberta

## Canoeing

Buoyancy aid,  
cagoule, canoe,  
capsize,  
catamaran, draw  
stroke, gunnel,  
Inuit, kayak,  
paddle, , raft,  
rapid, rudder,  
spraydeck,  
stopper, sweep  
stroke, thwart,  
wave.

## Rock Climbing

Abseil,  
achievement,  
belaying, below!,  
bouldering,  
dynamic, figure of  
eight, hand jam,  
harness, helmet,  
karabiner,  
kermantle, mantle  
shelf, spotting,  
static, sticht plate,  
trust

## Mine Exploration

Adit, aven,  
battery, caban,  
deads, fathom,  
gangué, incline,  
iron, kibble, ore,  
slate, squeeze,  
stalactite.

## Mountain Walking

Blister, cairn,  
compass, gloves,  
group shelter,  
erosion, fleece ,  
hat, lake, map,  
moraine,  
reservoir, ridge.

# Some Welsh Words



Welsh alphabet

a-b-c-ch-d-dd-e-f-ff-g-ng-h-i-j-l-ll-m-n-o-p-ph-r-rh-s-t-th-u-w-y

<p><b>A</b>            aber - a small stream-confluence of a river or stream.            afon - a river            allan - out            allt - hillside or wood            araf - slow</p> <p><b>B</b>            bach - small            bannau - beacons            blaen - source of river; head of valley            bont (pont) - a bridge            borth (porth) - a gateway or harbour            bron - a hillside            bryn - a hill            bwlch - little gap</p> <p><b>C</b>            cae - field            caer or gaer - fort or camp            carm - heap of stones or cairn            carreg (garreg) - a rock            celli – hazel grove            cefn - ridge            cil - a nook; source of stream            coed - a wood            creigiau - rocks; cliff            croesffordd (groes) - a cross-roads            cribyn - a crest, ridge            cwm - a shallow valley</p> <p><b>Ch</b>            Chwech - six</p> <p><b>D</b>            dan - below; under            darren/tarren - rock hillside            dau - two            deg - ten            dol - a meadow; a river meadow            draen (drain) - thorns            drysgol - rough place            du - black            dwr - water            dyffryn - a valley</p> <p><b>Dd</b>            Dda (da) – good</p> <p><b>E</b>            efail - smithy            eglwys - church            erw - plot of land/acre            esgair - mountain ridge</p>	<p><b>F</b>            fan (ban) - peak            faen -            felin - mill            foel (moel) - bare topped hill</p> <p><b>Ff</b>            ffridd - mountain pasture            ffrwd - stream            ffynnon - well or spring</p> <p><b>G</b>            geilli small wood            glan - river bank            glyn - a glen            gors - a marsh            graig (Craig) - a rock or crag            gwaun - a meadow            gwern - a marsh, swamp</p> <p><b>Ng</b></p> <p><b>H</b>            hafod - summer pasture/dwelling            hendre - winter dwelling            heol - road            han - church of</p> <p><b>I</b></p> <p><b>J</b></p> <p><b>L</b>            liwyn - a bush or grove</p> <p><b>Li</b>            Llan – churchyard; enclosure, yard.            llechryd - a stone ford or brook            llyn - lake or pool</p> <p><b>M</b>            maes - a field            mawn – peat            melin - mill            merthyr - a martyr/martyr's grave            môr - sea            môrlan seashore            mynydd - mountain</p> <p><b>N</b>            nant - a small stream valley            naw - nine            neuadd - a hall or mansion</p>	<p><b>O</b>            Ogof - cave</p> <p><b>P</b>            Pabell – tent            parc - a park            pant - a hollow or valley            pen - head, top or end            pedwar - four            pergyll – danger            pistyli - well or spring            plas – mansion, house            pump - five            pwell - a pit or pool</p> <p><b>Ph</b></p> <p><b>R</b></p> <p><b>Rh</b>            rhayader (rhaeadr) - a waterfall            rhigos - a place or heather            rhiw - a hillside            rhos - moorland            rhyd - a ford or stream</p> <p><b>S</b>            Saith – seven            sychnant - stream that dries up</p> <p><b>T</b>            tal - end; front            tir - land            tref - a homestead/ town            tri - three            ty - a house</p> <p><b>Th</b></p> <p><b>U</b>            Uchaf – highest            Uchder – height            Un – one</p> <p><b>W</b>            waun - moorland or meadow            wrth – with            with - eight            Wyddfa – Snowdon            Wysg - Usk</p> <p><b>Y</b>            Y (yr) – the            Yn – in            Yna – there            Ystrad – flat valley bottom</p>
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# Certificate of Achievement

Has been awarded to



For successfully completing a residential course of outdoor adventure activities such as...  
**Rock Climbing, Mine Exploration, Mountain Walking, Gorge Walking,  
Orienteering, and Problem Solving,**  
based at The Oaklands Outdoor Education Centre.

Awarded on the



Signed...

Centre Staff

School Staff

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By completing this course the holder of this certificate has achieved some or all of the following National Curriculum learning objectives:

- Personal Development including increased confidence & self esteem, responsibility, learning skills, health & fitness and an understanding of the principals of health & safety.
- The ability to form effective relationships and communication skills.
- The social skills that encourage participation, sound values and an inclusive attitude to others.
- A concern for living things, an appreciation of the natural environment and an understanding of the interdependence of humans and the environment.

These are the learning objectives that have formed the strength and focus of this course of Outdoor Education. However, the course will also have contributed towards the achievement of many learning objectives using a variety of learning styles and methods (including the use of ITC) in a wide range of National Curriculum disciplines. This includes English, Science, Geography and Maths as well as making a major contribution towards:

Citizenship

Personal, Social & Health  
Education

P.E.

