



Teacher's Notes for Post-Blairvadach Trip Portfolio

Thank you for bringing your pupils to Blairvadach for their residential trip, we hope they all got a lot out of the experience. We also hope you have recovered from the hard work of organising and bringing them on the trip!

This post-Blairvadach portfolio is designed to help your pupils apply skills and knowledge they learned at Blairvadach in to their school and home life, with a specific focus on the upcoming challenge of moving on to secondary school.

This portfolio can be split in to 3 lessons;

Introduction – Cover & map (pages 1-3). Intro plus map of adventurous activity venue in Glasgow which can be explained and expanded upon as you see fit. Tag this on to lesson 1.

LESSON 1 – Recap of the zones & “What zone would you be in now?” (pages 4 & 5)

LESSON 2 – Draw your own comic plus Being nervous & Being Brave (pages 6, 7 & 8)

LESSON 3 – Next steps (pages 9 & 10)

Extension activity – Blairvadach Bingo & read/colour in back cover (pages 11 & 12)

We anticipate each lesson to take approximately 30-45 minutes to complete.

By completing this portfolio the following Experiences and Outcomes and Benchmarks will be addressed.

Table of Curriculum for Excellence Experiences & Outcomes and Benchmarks.

Es & Os	Benchmarks
HWB 2-26a – Physical Activity & Health, diet rest & sleep	Identifies and accesses opportunities for sport/OL within place of learning & community
HWB 2-47A Positive relationships, physical changes	Identifies strategies to manage emotions
HWB 3-20a Planning for choices & changes	Identifies own interests, strengths & skills and uses them to support subject choice
HWB 3-25a Physical activity & health	Sustains daily moderate to vigorous physical activity
HWB 3-26a Physical activity & health	Accesses opportunities to develop/achieve sport/OL within place of learning & wider community

We hope this is helpful for your pupils and serves to consolidate some of their important accomplishments & learning from their time at Blairvadach. Any feedback on this new resource is always gratefully received, please email it to asmith@blairvadach.org.uk.