

# Welcome to Outdoor Education

We are looking forward to you joining us in the autumn. You may have studied this subject already or this might be completely new to you. Whatever your starting point, we are ready to support you with your learning.

You will find a range of resources below to help you prepare for your course. Keep notes about what you have found out or learnt to support your learning later on.

## Read

Books | Magazines | Newspapers | Magazines

### **The Hard Years – Joe Brown**

Joe Brown is one of the greatest names in British climbing. This book not only describes his many notable climbs, but reveals a most engaging personality with a highly interesting approach to his craft.

### **Danny MacAskill – At the Edge**

As seen on YouTube' says the logo on the cover of Danny MacAskill's autobiography, At The Edge. There is a story behind the claim, because without the arrival of that website MacAskill would not be able to do what he does today.

[Indoor Climbing Assistant Candidate Workbook](#)

### **Useful websites:**

The Institute for Outdoor Learning <https://www.outdoor-learning.org/>

The BMC <https://www.thebmc.co.uk/>

British Canoeing <https://www.britishcanoeing.org.uk/>

MLTA <https://www.mountain-training.org/>

## Watch

TV | Movies | You Tube

Mountain Training channel:

[https://www.youtube.com/channel/UCiP8W\\_LbcZgbEYwQh7I3Ujw/videos](https://www.youtube.com/channel/UCiP8W_LbcZgbEYwQh7I3Ujw/videos)

Inspirational White Water Kayaking video

<https://www.youtube.com/watch?v=D3NZ45e9III> -

Inspirational Climbing Video

<https://www.youtube.com/watch?v=rzBYhSHupn8> -

Alex Honnold – Free Solo Film

National Governing Body page to have a look at – British Canoeing / British Mountaineering Council

<https://www.youtube.com/watch?v=GFlwrvvgas0> - Figure of 8 Knot

5 More Knots for climbing - <https://www.youtube.com/watch?v=V1yq9XoAbCQ>

Staying fit at home:

Shauna Coxsey Warm Up- <https://www.bbc.co.uk/sport/av/get-inspired/46843131>

Shauna Coxsey Core Workout: <https://www.bbc.co.uk/sport/av/get-inspired/46843134>

Rowan Cheshire HIIT Routine: <https://www.bbc.co.uk/sport/av/get-inspired/47031055>

Rowan Cheshire Stretch Routine: <https://www.bbc.co.uk/sport/av/get-inspired/45101160>

## Listen

Podcast | Radio | Audible

[Jason Fox's Wild Tales](#) – Jason Fox chats to explorers and adventures about their travels and experiences

<https://soundcloud.com/caroline-mckay-145065226> - Of Mountains and Mind – Making links between outdoor activities and positive mental health

<https://soundcloud.com/wearelookingsideways> - Conversations with some of the world's best adventure sports athletes

## Get Involved

Competitions | Social Media | Webinar | MOOCs

We'd love to see how you're getting ready for college, share your videos, pictures or thoughts with us on Facebook @ Duchysportsandoutdooradventure or on Instagram @duchycollegesportandoutdoor and use #DuchySport

<https://mt.tahdah.me/Account/Login?ReturnUrl=%2F> - Link to Mountain Training website/account login to create D-Log to record any practical activities to meet NGB requirements

<https://www.mountain-training.org/help/resources/e-learning/planning-a-walk> - Free online module from Mountain Training on how to plan a walk (Could be used as APL for units?)

<https://www.britishcanoeingawarding.org.uk/resource/introduction-to-environmental-awareness/> - British Canoeing E-Learning Environmental Awareness Course

<https://www.britishcanoeingawarding.org.uk/resource/british-canoeing-introduction-to-first-aid/> - British Canoeing E-Learning Introduction to First Aid

<https://www.britishcanoeingawarding.org.uk/resource/british-canoeing-leadership-elearning/> - British Canoeing E-Learning Leadership Course