Regenesis Events

FOR TEACHERS

Learning outcomes

The Nine Principles mapped to the KS2 curriculum

Principle	Pupils will	Curriculum links
1 Physical education and outdoor adventure	• Complete a sustained walk and climb to the summit of Orrest Head • Work as a team to meet a shared physical challenge • Reflect on their own effort and how they improved	**PE KS2** Take part in outdoor and adventurous activity challenges, individually and within a team. Develop strength, control and balance. Compare performances with previous ones and show improvement.
2 Geography, navigation and fieldwork	• Follow a route on a map and match it to the landscape • Use compass points to orientate themselves • Name the physical features of Windermere and the fells	**Geography KS2** Use maps, the eight points of a compass, symbols and keys, including OS maps. Use fieldwork to observe and record human and physical features. Name and locate UK regions and key topographical features, including hills, mountains and lakes. Study a region of the UK.
3 Physical health	• Explain how walking, fresh air, water and food help their bodies work • Notice how their body feels before and after exercise • Observe plants and wildlife in the woodland	**Science Y6** Recognise the impact of diet, exercise and lifestyle on how the body functions. Classify living things by their characteristics. **Health education** The physical and mental benefits of an active lifestyle. Building regular exercise, such as walking, into daily routines. Healthy eating.
4 Mental wellbeing	• Recognise and name feelings such as calm, pride and belonging • Describe how time in nature can help them feel calmer	**Health education** Mental wellbeing is a normal part of daily life. The benefits of physical exercise and time outdoors for wellbeing. How to recognise and talk about their emotions.
5 Relationships, cooperation and belonging	• Support others in their group throughout the day • Explain why friendship mattered to the Windermere Children • Reflect on how to help others belong at secondary school	**Relationships education** Caring friendships: how friendships make us feel happy and secure, and the qualities of a good friend. Respectful relationships. **PSHE** Preparing for the move to secondary school.
6 History and Holocaust learning	• Place the Windermere Children in time: the Second World War and 1945 • Use a museum and real places as historical sources • Explain what helped the children rebuild their lives • Write a postcard to the Windermere Children	**History KS2** An aspect of British history beyond 1066. A local history study. Understand how knowledge of the past is built from a range of sources. Note connections and changes over time. **English KS2** Write for a real purpose and audience. Take part in discussion and justify their ideas.
7 Citizenship, acceptance and recognising prejudice	• Explain what prejudice is and how it can start • Recognise stereotypes and why they are unfair • Show acceptance of people whose backgrounds and beliefs differ from their own	**Relationships education** Respect others, even when they are very different from them or have different beliefs. What a stereotype is, and how stereotypes can be unfair, negative or destructive. **SMSC and British values** Mutual respect and tolerance of those with different faiths and beliefs.
8 First aid and personal safety	• Identify hazards near open water and how to stay safe • Know how to make a clear call to the emergency services • See how an emergency shelter is used outdoors	**PE KS2** Perform safe self-rescue in different water-based situations. **Health education** Basic first aid. How to make a clear and efficient call to emergency services. Recognising risk and keeping safe.
9 Racial harmony	• Work alongside pupils from different backgrounds • Explain how kindness and respect help people live well together • Choose one action to take back to school	**Relationships education** The importance of respecting differences between people. **SMSC and British values** Mutual respect and tolerance. Understanding and appreciating diversity.

BEFORE THE VISIT

Preparation visit to school · Lesson introducing the story · Acceptance module · Map and route preview · Outdoor safety

ON THE DAY

The Windermere Children's story at the Jetty Museum · Guided walk through Elleray Wood to Orrest Head · Map reading and navigation on the route · Lakeside lunch and stone skimming · Water safety on the Calgarth shoreline · Emergency shelter demonstration · Tree of Life reflection ceremony

BACK IN SCHOOL

Debrief and reflection lesson · Acceptance module · Postcard to the Windermere Children · One action to take forward

NATURE • STORY • CONNECTION • HOPE