



Outreach Alternative Provision Primary

BUILD TO LEARN



LEARNING OUTCOMES

- Positive reinforcement
- Team work
- Learning through play
- Imagination/Innovation
- Hand/eye co-ordination
- Lateral thinking development

SESSION INFORMATION

Build to Learn provides fun and engaging brick building sessions, using LEGO elements. Every session is carefully storyboarded to create an **immersive experience** for the pupils to build along to.

Each session commences with an engaging story and presentation that is linked to a chosen topic. Pupils are then provided with building challenges that are linked to the story; for example, **All about me, Inventive Inventions, Mammals and their habitats and Artemis Mission.**

During the session there are no formal design instructions to follow, **promoting imagination and creativity. Positive re-enforcement** is given throughout in the form of ideas and suggestions from the activity lead.

Build to Learn is a **fun environment** that challenges pupils to **push the boundaries** of their **creativity** and adopt a **free range** way of thinking.

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All outreach referrals to be made via the Foundry College website:

www.foundry.wokingham.sch.uk

TRAMPOLINING



CORE SKILLS

Trampolining offers an engaging way to improve pupil's physical fitness and wellbeing. Adhering to stringent safety protocols, we can create a safe environment where learning and fun are maximised.

Beyond the physical benefits, trampolining also teaches valuable life skills, such as discipline, perseverance, goal-setting, and time management. These skills extend far beyond the trampoline and can positively impact student's wellbeing, performance and future success.

Sessions delivered by British Gymnastics Coaches and supported by Foundry Staff.

LEARNING OUTCOMES

- Improving coordination
- Improving balance
- Developing social skills
- Encouraging teamwork
- Improving flexibility
- Developing gross motor skills

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BOULDERING/CLIMBING



LEARNING OUTCOMES

- Team work and resilience
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

SESSION INFORMATION

Climbing is way more than just a fun thing to try. Done regularly it has **huge health benefits**, including increased strength, muscle building, improved cardio, flexibility, and mental well-being.

Indoor rock climbing and bouldering **positively impact mental health** through the strategic approach to challenges and problem-solving.

Climbing is a dynamic exercise that combines strength, cardio, and risk management. It is often described as **solving a puzzle with your body**, requiring strategic thinking, adaptation, and pushing yourself to make a move even if you think you'll fall.

The challenges of climbing are unlimited. The variety not just in difficulty, but the types and degrees of walls, different holds, and body positions are almost infinite. It also doesn't get easier as you improve, the routes just get harder.

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EQUINE ASSISTED THERAPY



SESSION BENEFITS

- Emotional awareness
- Emotional regulation
- Boundary setting
- Benefits of mindfulness
- Increased attention
- Meaningful connection

SESSION OUTCOMES

In equine assisted therapy (EAT), pupils are offered 'safe' (physical and emotional) experiences through interactions with horses. Pupils build responsibility, trust and empathy, and experience behavioural improvements.

In addition, EAT encourages patience, perseverance, and emotional healing, offering a holistic approach to support a pupil's emotional, social, and physical development.

What does an EAT session look like?

- Observation of horses
- Meeting with horses at liberty
- Option to ride the horses with support
- Lead-line experiences
- Including touching, grooming and leading
- Liberty leading (leading horses without a lead rope)
- Creative activities with horses

Sessions delivered by Santolina Stables, Wokingham.

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