



**Outreach Alternative Provision**

**SECONDARY**

# BOULDERING/CLIMBING



## CORE SKILLS

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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.

## LEARNING OUTCOMES

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

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

[www.foundry.wokingham.sch.uk](http://www.foundry.wokingham.sch.uk)



# CIRCUITS/CARDIO/BOXING

**Mixed and ALL-GIRL sessions available**

## CORE SKILLS

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Boxing fosters discipline and helps achieve difficult goals both in and out of the ring.

**Promoting concentration, self-confidence, self-determination**, and disconnection from risky behaviours and violence.

It also develops life skills including developing relationships and **enjoying positive interactions** with others, improving communication in order to express and receive information correctly with others through assertiveness and **respect**.

Resilience is part of the essence of boxing, it is what has allowed many young people to move forward, **improve their quality of life**, fulfill their dreams with self-confidence, with a positive attitude, with **emotional maturity** and a strong determination to face tough times throughout their life.

## LEARNING OUTCOMES

- Improved self confidence
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

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# EQUINE ASSISTED THERAPY



## SESSION OUTCOMES

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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.

## SESSION BENEFITS

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

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# TRAMPOLINING



## CORE SKILLS

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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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