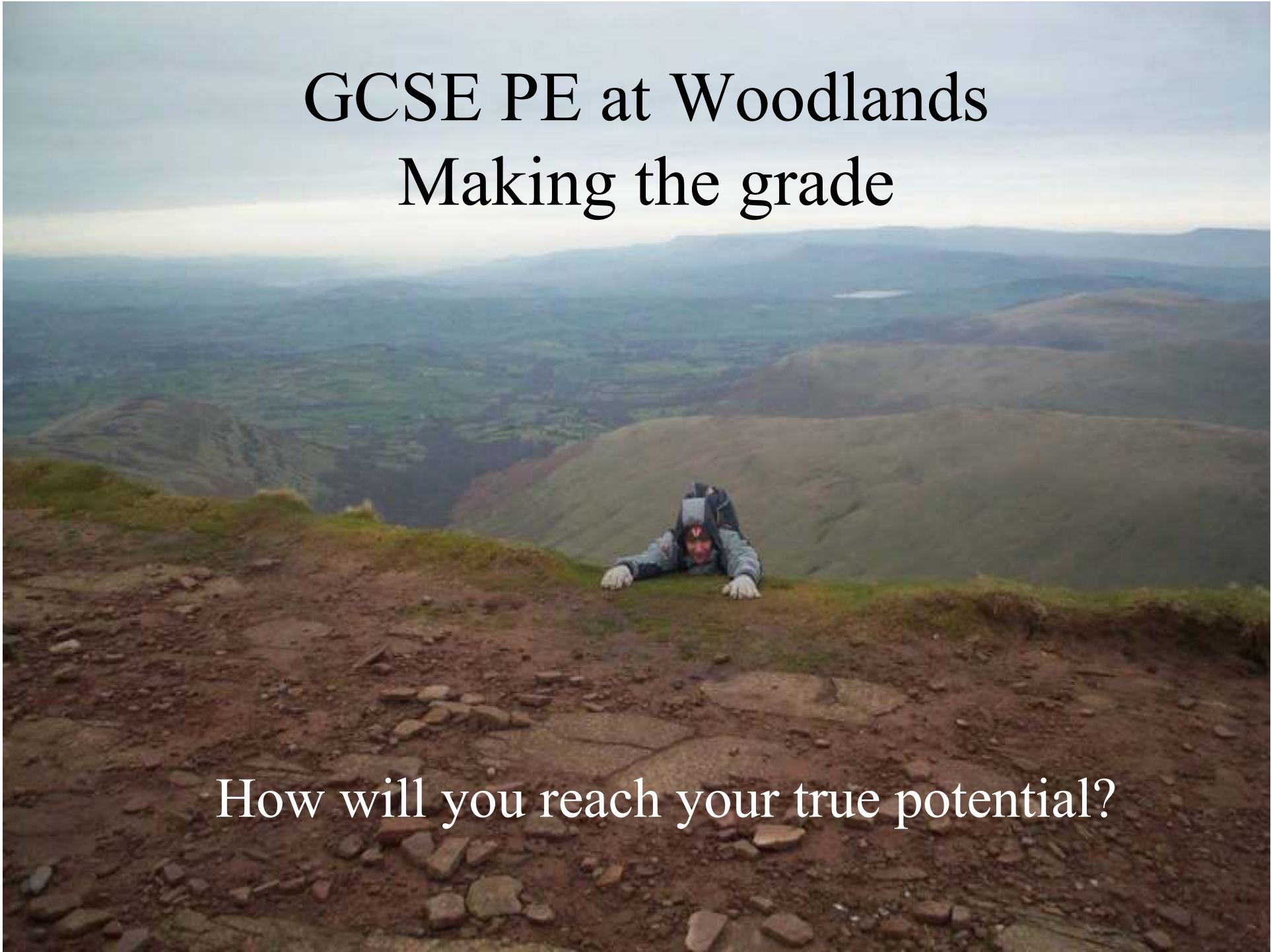


GCSE PE at Woodlands

Making the grade

How will you reach your true potential?



A person wearing a red jacket and a blue helmet is kayaking through white-water rapids in a wooded area. The kayaker is positioned in the center of the frame, moving towards the right. The water is turbulent and white with foam. The background consists of dense trees and a rocky riverbank.

GCSE PE at Woodlands is a very intensive course.
We want every student to be successful.

Success comes from **EFFORT**
Success comes from **PRACTICE**
Success comes from **HARD WORK**



Courses available:

Canoeing

Kayaking

Mountain Walking

Climbing

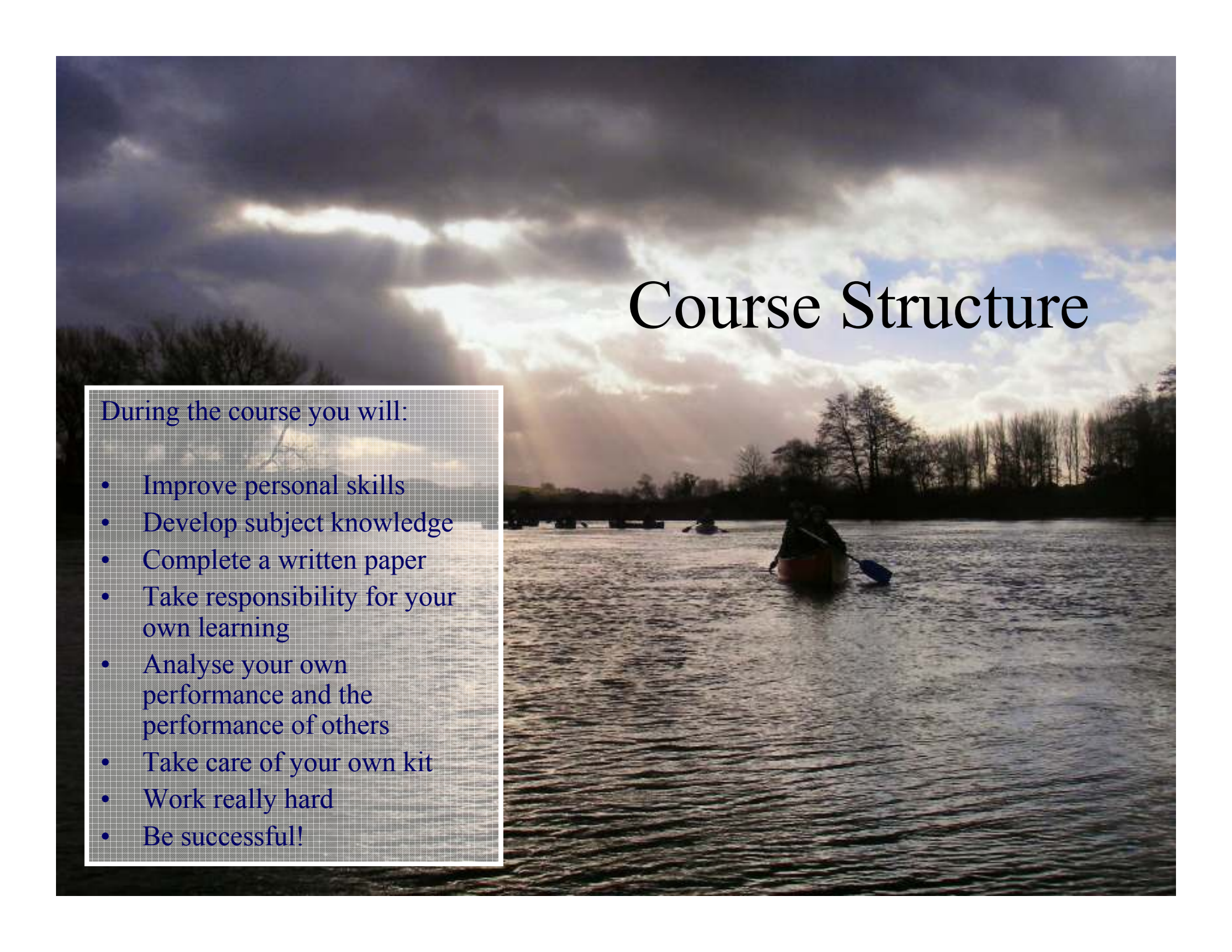
Orienteering

Satisfying results

We aim to ensure all students produce high quality work as well as help you become mountaineers, paddlers, climber and orienteers.



Course Structure

A person is kayaking on a wide river. The sky is filled with dramatic, dark clouds, with a bright light source (the sun) breaking through near the horizon, creating a shimmering path of light on the water. The kayaker is in the middle ground, wearing a dark jacket and a helmet, with a blue paddle. The background shows a line of trees along the riverbank.

During the course you will:

- Improve personal skills
- Develop subject knowledge
- Complete a written paper
- Take responsibility for your own learning
- Analyse your own performance and the performance of others
- Take care of your own kit
- Work really hard
- Be successful!

Mountain Walking



What we provide:

Waterproofs

Boots

Rucksack

Stove and fuel

Cooking equipment

Water bottle

Sleeping bag

Roll mat

What **you** need to bring:

Warm clothing

Base layer

Hat and gloves

Thick socks

Personal effects

Canoeing and Kayaking

What we provide:

Wetsuit

Waterproofs

Buoyancy aid

Helmet

Fleece

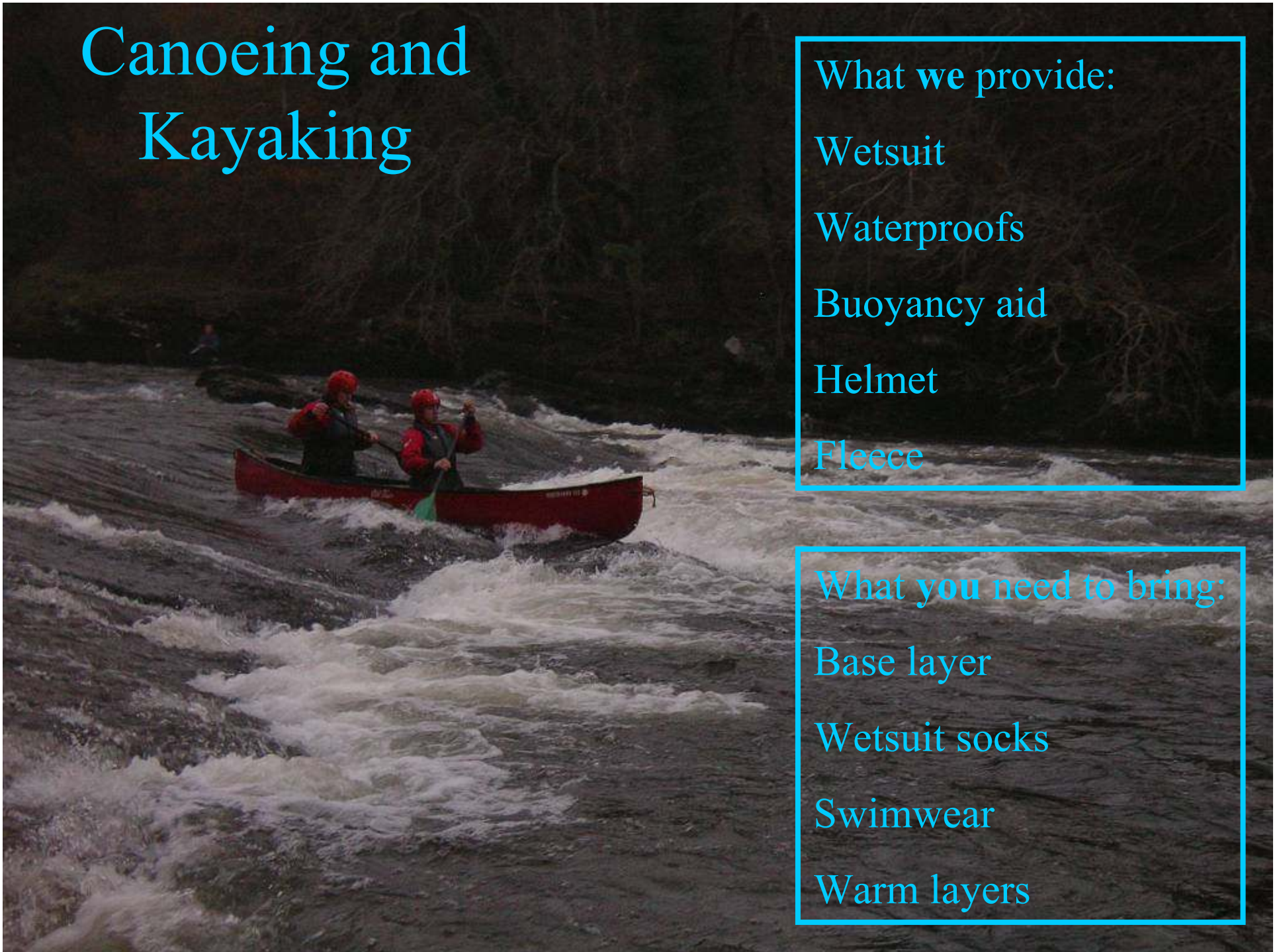
What you need to bring:

Base layer

Wetsuit socks

Swimwear

Warm layers



Climbing

What we provide:

Helmet

Harness

All technical
equipment

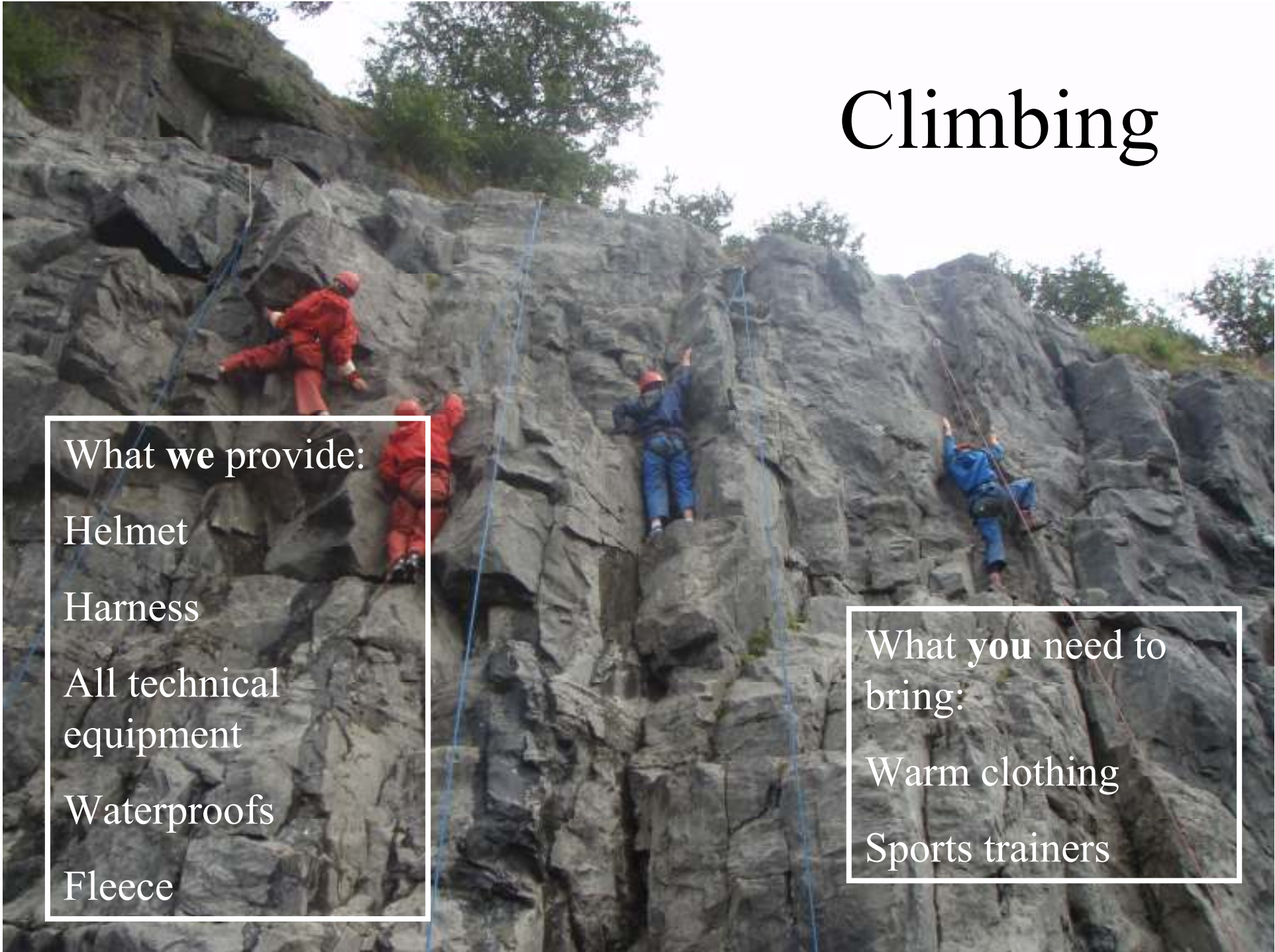
Waterproofs

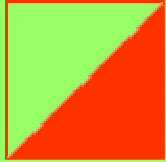
Fleece

What you need to
bring:

Warm clothing

Sports trainers





What **we** provide:

Maps and compasses

Progressive accredited courses

Walking boots

Waterproofs



Orienteering

What **you** need to bring:

Sports trainers

Warm clothing

Hat and gloves



Recent results

2009/10 Results from 5 day courses (including training and assessment)

Grade	% of pupils	Total % A* - C
A*	52	
A	36	88% A* - A
B	10	98% A* - B
C	2	100% A* - C

Get ahead...


Have a look at the following websites to help you with your upcoming course:

Canoeing/Kayaking - <http://paddling.about.com/>

Mountain Walking - <http://www.ramblers.org.uk/info/practical>

Climbing - <http://www.abc-of-rockclimbing.com/info/rockclimbing-basics.asp>

Orienteering - <http://www.britishorienteering.org.uk/>

A landscape photograph showing a valley with rolling hills. In the foreground, there are dark, grassy hills. The middle ground shows a valley with green fields and a small town or village. A vibrant rainbow is visible on the left side of the image, arching over the valley. The sky is blue with large, white, fluffy clouds. The text "We look forward to working with you soon!" is centered in the upper half of the image.

We look forward to working
with you soon!