

## **GENERIC SKILLS FRAMEWORK FOR OAA**

These generic skills have been identified within the following documents :

High Quality Outdoor Education (English Outdoor Council)

QCA

ACCAC

They are all skills that can be developed through Outdoor Learning and are referenced throughout the Outdoor Learning Cards

### **Communication:**

- Present/express ideas, orally and in writing
- Use reasoned arguments
- Listen to others and instructions
- Propose practical ways forward
- Identify improvements
- Influence others and balance views to reach workable solutions

### **Team working:**

- Collaborate with others in working towards common goals
- Understand different roles in teams
- Help group arrive at a team decision
- Recognise that others have a role to play within the team
- Adapt behaviour to suit different roles within a team
- Demonstrate a willingness to trust others and accept support,
- Recognise when others need support
- Treat others with tolerance and respect,
- Challenge intolerance
- Understand how actions impact on others,
- Take responsibility
- Encourage others to achieve,
- Recognise and applaud achievements of others
- Provide constructive support and feedback to others

### **Reflective learning:**

- Set realistic targets/goals
- Appreciate own strengths and limitations
- Invite feedback and deal positively with praise, setbacks and criticism,
- Talk openly about successes and setbacks
- Evaluate experience and apply lessons learned
- Improve own learning and performance through reflective thinking and action
- Can recognise and modify aspects of behaviour that may restrict their own achievements

### **Leadership:**

- Understand the different roles in teams
- Able to take on a leadership role where appropriate
- Willing to step back and allow others to take on leadership

### **Independent thinking (Plan/do/review)**

- Identify questions/problems to resolve,
- Explore issues/problems from different perspectives
- Plan and carry out research,
- Analyse and review/reflect on information,
- Support conclusions and decisions

### **Creative skills:**

- Generate ideas and express them
- Try a variety of solutions
- Vary and adapt ideas according to changing circumstances
- Ask questions
- Connect their own and others ideas in imaginative ways
- Try out alternative solutions

### **Personal attributes:**

- Seek out new challenges
- Show initiative in the face of challenging activities
- Try hard to succeed at activities they find physically and emotionally challenging
- Can work positively towards goals,
- Perseverance
- Manages their emotions
- Organises time and resources effectively
- Can prioritise actions, anticipate outcomes
- Take and manage risk safely
- Deal with conflicting pressures
- Take personal responsibility for not letting others down
- Self-reliance

## **SPECIFIC/FUNCTIONAL SKILLS**

Activity skills/knowledge (From HQOE – and related to QCA programme of study headings):

- Develop, adapt and apply skills in outdoor activities (**Key Process – Developing Skills**)
- Develop relevant mental skills (**Key process - Developing physical and mental capacity**)
- Acquire tech knowledge in use and care of OE equipment
- Dress appropriately and use correct equip
- Recognise value of training in developing and improving performance (**Key process - Evaluating and performing/ Making and applying decisions**)
- Recognise value of competition (**Key process – Making and applying decisions**)
- First Aid training – (**PSHE – range statement r.e. managing emergency and risky situations**)
- History of Outdoor Education/Activities

## **HEALTH AND WELL BEING**

- Keep fit through physical activity
- Positive self image
- Talk about benefits of participation in outdoor activities
- Eat healthily in response to level of activity undertaken
- Extend interest in outdoor activities beyond school

## **ENVIRONMENTAL AWARENESS AND UNDERSTANDING**

- Experience a range of different environments
- Respond positively to differing environments
- Understand your impact on the environment
- Demonstrate and take an active part in care for the environment and sustainable development
- Appreciate and draw inspiration for the environment