

Worksheet 1: Picture gallery (3 pages)

Task 1: In an inside-outside circle*, talk about your own experiences with holiday sports. Which activities do you fancy, which equipment do you need and what are the places you can go? **Explain** your favourite activities in plenary.

As an outdoor activity, gorge walking is enjoyed by families and their children who look for adventure and fun. It can be pursued in Scottish gorges and involves climbing up a running waterfall. You need some outdoor equipment like wet suits or vests, helmets and ropes in difficult places in the gorge. Sometimes you have to swim in pools and scramble and slide down wet rocks.

Voc.: gorge walking: Erklettern einer (Wasserfall-)Schlucht; to pursue: betreiben, ausführen; wet suit: Neoprenanzug; vest: Weste, Unterhemd; to scramble: krabbeln, kraxeln

Task 2: Gorge walking is an outdoor activity designed for groups to test their limits in the Highlands of Scotland. Reading the descriptions below you will get a first impression what this very popular activity is all about. Select one of the texts in your tandem and **comment** if you feel attracted to this extreme sport – or rather why it is not a good idea to risk your health.

Fill in the chart and discuss your results in plenary. You are welcome to use the language from the examples shown below.

Gorge walking is a fun activity I would like to engage in because...	Gorge walking is too risky and doesn't make sense because ...
.....

Examples

1. Gorge walking in Scotland has become a popular sport in recent years and is an outdoor activity where you can experience adventure and prove your daring spirit. It takes you well off the beaten track and into the wilderness of rocks, rushing water and sometimes dangerous situations, where moving on is difficult. You need to try it for yourself and find out how much fun it is.

By gorge walking you can test your mettle. You start at the bottom of a waterfall, enjoy the wild rushing water and fast-moving torrents through rocky outcrops. You negotiate the gorge, scrambling from pool to pool, over ridges and other rocky obstacles. Some degree of physical fitness is needed and people with a fear of heights are not recommended to take part in it. Expect to get wet; you are also advised to get special equipment like wet suits, buoyancy aids, and hard hats. You begin your ascent at the bottom of the gorge, follow the running water through pools, across rocks and behind waterfalls. Walking on rocks is dangerous because they will be slippery, so you have to plan your every step very carefully. You will get out of the gorge only at the top of the main waterfall.

Voc.: off the beaten track: abseits vom Rummel; to test your mettle: seinen Mut unter Beweis stellen; to negotiate: bewältigen, passieren, überwinden; torrent: Sturzback; outcrop: Felsenase; buoyancy aid: Schwimmweste; ascent: Aufstieg

2. The Scottish highlands are the ideal spot for gorge walking. There are spectacular Scottish mountain sides where waterfalls rush down steep gorges into locks which are connected by little burns. Gorge walking involves climbing up into one of the gorges by following the descending waterline, scrambling over rocks, navigating pools (very often falling into them), and getting out of the gorge at the top of the main waterfall – which often is the biggest challenge. Climbing is made difficult because the rocks you are moving on are very slippery and often covered with moss. As there are no side banks in such gorges there are ropes at difficult parts of the waterfall. Yet, it is very possible that you will get wet or trip over rocks, so special equipment is needed like neoprene wetsuits, life jackets and helmets. Once you have overcome all difficulties and challenges there is no better feeling than to step out of the gorge at the top of the waterfall. Beginners should always have an experienced guide at their side because the likelihood of accidents is quite high.

Voc.: burn: little stream (Scottish); descending: fallend; to navigate: bewältigen, passieren, überwinden; bank: Ufer; likelihood: Wahrscheinlichkeit

Task 3: In this picture gallery you can see a **sequence** of a real gorge walk performed by a German school group in the Scottish Highlands near Loch Tummel. Put the nine pictures in the order you think is the correct sequence. Together with a partner, **write short captions** for the individual pictures and show your results in plenary.



(01) caption:

.....



(02) caption:

.....



(03) caption:

.....



(04) caption:

.....



(05) caption:

.....



(06) caption:

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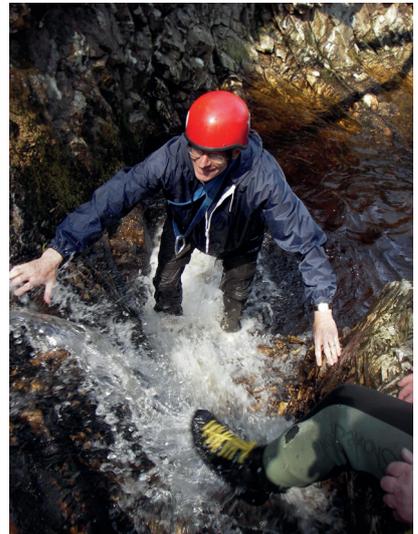
(07) caption – the group’s leader, ‘Little Geordie’:

.....



(08) caption:

.....



(09) caption:

.....

Worksheet 2: What is said and done (2 pages)

Task 4: Now that you have got the sequence in the right order, think about the individual pictures and **outline** for each of them what is said and done by the students and their teachers. You can insert speech bubbles into the pictures in your tandem and compare your results in an inside-outside circle*. **Discuss** your results in plenary.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Task 5: “Have you ever felt real danger?” is the question, Little Geordie, the group’s leader and Loch Tummel ranger, uses to welcome his groups. Take a moment and consider this in the light of your personal experiences. Using think-pair-share*, **comment** on the question “How to confront danger in our days?” in plenary.

Task 6: Gorge walking is just one of the special Scottish ideas of sports – indoors and outdoors. **Research** in groups which other Scottish sports are practised and **complete** the list below. In a group puzzle* share your findings.

sports activities	rules	likes/dislikes
caber tossing		
golf		
square dance		
bagpipe competition		
sheep shearing		
curling		
shinty		
rugby		

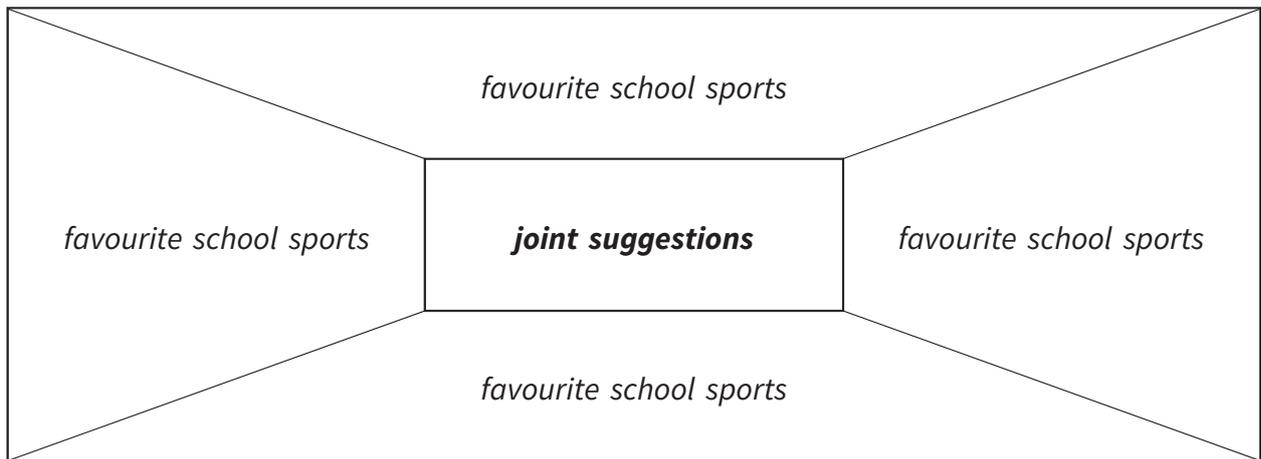
you will get some more ideas on this website:
<http://www.scotland.org/about-scotland/sport/> (last accessed March 2016)

Worksheet 3: Outdoor pursuits – a new school subject?

(3 pages)

Task 7: How much sports would you like to pursue in your school – and which varieties do you prefer? **Discuss** your own experiences in groups of four, using a placemat activity. The middle part with “joint suggestions” of your group would be presented to your class.

Image of a placemat



Task 8: Scotland is one of the few countries worldwide to include “outdoor pursuits” into their regular class work and has made it part of the official curriculum. In groups please study the scaffolding below and **explain** in a list possible advantages and disadvantages. Make use of the given language as much as possible – but do not cut and paste!

Voc.: curriculum: Lehrplan

Your list could look like this

Advantages of outdoor pursuit	Disadvantages
.....
.....
.....
.....
.....
.....
.....

Scaffolding:

Opening classrooms for outdoor pursuits – the issues involved

John Dewey, the famous American educator of Chicago University Lab School, believed that learning in schools should be complemented by experiencing the outside world, as well. As a founder of project work, he advocated opening up classrooms and is quoted in asking what was the point in talking about sheep shearing, if students couldn't watch the animals and touch the wool?

Similarly, outdoor pursuits cannot be taught in classrooms but have to happen in the real world. In this way, students work and act in teams, taking responsibility for each other. They become aware of their natural surroundings, existing resources and the environment at large. By engaging in activities in nature they practice making decisions, and learning outside fosters their creativity.

Hiking in the countryside is made easier by using modern technology like digital compasses or satellite-based apps. Outdoor sports can thus be combined with content-based activities across the curriculum, including geography, sciences and studies of the environment and society. In this way, all kinds of skills may be acquired – those for learning, life and work.

One has to consider, however, that there are some downs in opening classrooms and leaving school for longer periods of time. In some Australian schools, the whole Year 8 goes on camp for a fortnight, which takes time from traditional teaching, working with (text)books and doing homework. Some of the activities in outdoor pursuits may seem to be rather a waste of time, not even taking into account that students are bound to get dirty and wet.

High transport costs and expensive accommodation come into the equation; apart from the fact that exams cannot always be prepared on time. In a nutshell: organising trips will take time, there is less control of student groups than in the classroom and learning is less structured.

At the end of the day, the ups and downs of outdoor pursuits have to be weighed carefully before they would become part of the school curriculum.

Task 9: By the given examples you feel encouraged to demand more outdoor education in your school or even make it a regular feature of school work. In tandems, **write a proposal** to your principal explaining

- your reasons for including outdoor education in your school
- examples from other countries you have heard about
- a balance of advantages and disadvantages (so that your principal won't discard your application from the start)
- possibilities how to improve the "green balance" in your school
- your willingness to support such projects and participate with your skills (gardening, building, wood work, animal care etc).

Swap your letter (of about 250 words) with a partner and discuss similarities and differences. After writing a second draft, please, hand this version in to your teacher for correction.

Dear principal,

.....

.....

.....

.....

Yours sincerely

Task 10 (additional activity): Do research about one of the following topics and create a short presentation for your class:

1. made in Scotland
2. Robert the Bruce
3. Scottish dishes
4. Braveheart

