

Lee Valley Ice Centre – E10 7QL		
Activity	Description	Age
Wildlife and Wellbeing	<p>Explore the new habitats created as part of the urban regeneration of the Ice centre. Pupils can focus on their senses, work in teams, observe the Park's wildlife and use natural artefacts to introduce mindfulness and wellbeing techniques. Investigate the wildlife that call the area home by delving into the hidden world of London's minibeasts.</p> <p>Session times: 10:30 - 12:30 / 13:00-15:00 Available: April – October</p>	KS2 (7 - 11 years)
Lee Valley VeloPark – E20 3AB		
Activity	Description	Age
Lee Valley VeloPark Legacy in Action	Students develop their geographical and design skills to explore the London panorama and regeneration of the site, then undertake a design observation challenge around the velodrome and consolidate learning by creating and recording a design interview. Recommended for years 5 and 6.	Yr 5 & Yr 6 (9-11 years)
Lee Valley VeloPark Regeneration in Action	In this geography programme students explore the velodrome, learn about the importance and impact of regeneration on an urban space and use fieldwork skills to examine the impact of Lee Valley VeloPark locally and more widely.	KS3, KS4 (11 – 16 years)
Lee Valley VeloPark Iconic Designs and World Class Spaces	In this design and technology programme students make observations and sketches about the design of the velodrome. They'll also evaluate how design elements come together to create the interior look, feel and layout.	KS3 (11 – 14 years)
Lee Valley White Water Centre – EN9 1AB		
Activity	Description	Age
Team Building Discovery Day	They will be put through their paces learning the fundamental principles of navigation, using maps and compasses whilst testing their practical planning skills with our score course. In the afternoon students will be challenged with our specialised outdoor team building activities.	KS3, KS4, Post 16
Orienteering	<p>Working in groups, students learn the fundamental principles of navigation. Put your team to the test on one of our orienteering programmes. Students under 14 should compete in groups accompanied by an adult.</p> <p>1. Classic orienteering Students learn the essential skills using a map and compass as they explore our permanent orienteering course. Our score course tests tactics in addition to teamwork.</p> <p>2. GPS orienteering Students navigate our permanent orienteering course using touch- screen GPS machines. GPS orienteering also offers students the chance to develop information and communication technology skills and is great at engaging hard to reach students.</p> <p>This can be done as a half-day session.</p>	KS3, KS4, Post 16
Waltham Abbey Gardens – EN9 1XQ		
Activity	Description	Age
Habitat Discovery Day - Minibeasts	Working scientifically to observe land and freshwater invertebrates including habitat requirements, variation, adaptation, classification and food chains; gathering and recording information. Available: April – October	KS1 (5-7 years) and KS2 (7 - 11 years)
Mindfulness and Natural Art Discovery Day	Pupils can focus on their senses, work in teams, observe the Park's wildlife and use natural artefacts to introduce wellbeing techniques. Activities include nature's rhythms, mud tree faces, hapa zome, symmetry butterflies and kennings poems.	KS1 (5-7 years) and KS2

		(7 - 11 years)
Plant Discovery Day	<p>Students learn about a seeds needs of life as they have fun playing the 'Seed Tig Game', discover plant variation by taking part in a scavenger hunt, learn about plant parts using edible fruits and vegetables and study the tiny seeds from which the produce grows, pretend to be a pollinator in the pollination game and plant a seed to take away and grow.</p> <p>They will also discover how people use all of their sensory powers to learn about plants through an exciting mix of environmental activities such as making a sound map, examining taste buds, using colour catchers to explore colours in nature and magnifying glasses to study plant parts in close detail, and group activities such as 'meet a tree', and 'smelly cocktails'.</p> <p>Available: May - September</p>	KS1 (5-7 years)
Plant Discovery Day	<p>Students follow in the footsteps of Victorian plant hunters undertaking a series of challenges to uncover the secrets of plants!</p> <p>Tasks include the plant parts quiz, food chain construction, identification and classification skills, observing plant variation, the photosynthesis recipe and games such as the pollination game to help understand the reproductive parts of a plant and the mime game which brings dispersal to life.</p> <p>Available: May - September</p>	KS2 (7 - 11 years)
Stone Age Discovery Day	<p>Follow the changes in technology and evolution during the 3.4 million years from the Stone Age to Iron Age, from fighting for survival to sophisticated society. How did early hunter-gatherers survive? Discover the animals with whom they shared their world and the plants they would have used for food and medicine. Gather materials and explore ancient and modern fire lighting techniques and try your hand at prehistoric art. Investigate how modern humans have built up a picture of these incredible times using archaeology and the evidence unearthed.</p>	KS2 (7 - 11 years)
Cunning Running	<p>Explore the park with our introduction to the exciting sport of orienteering. This fun fuelled competition allows groups to learn and reinforce important team building and map skills whilst challenging them to answer our nature quiz for extra points.</p> <p>This is a half-day session.</p>	KS2 (7 - 11 years)
Forest School	<p>Our Forest School programme consists of a series of specialised, play-based programmes that put the learning back in the child's hands, letting children thrive and learn from real life experience in a natural setting whilst being facilitated by a trained Forest School leader.</p> <p>Over the course of the programme the children could learn about tool use, natural materials such as wood, plants and soil and their properties, wildlife and the natural environment and fire lighting. The sessions will also promote development in independent thinking, experimentation, planning, problem solving, collaboration, risk management, physical mobility, increased self-confidence and wellbeing.</p> <p>We can design and deliver bespoke Forest School programs to suit your setting and requirements to ensure you have a Forest School programme that works for you. The program will be delivered by Level 3 trained and experienced Forest School leaders. All risk assessments, safety checks, tools and equipment will be provided.</p>	Pre-school classes, Primary school groups, Nurture groups, SEN groups, Secondary groups

River Lee Country Park (Fishers Green) - EN9 2EF		
Activity	Description	Age
Rivers and Lakes Discovery Day	Compare and contrast natural and manmade features of the meandering River Lea, the straight River Lee Navigation and lakes created from gravel	KS2 (7 - 11 years)

	extraction. Students discuss and record geographical features, waterbirds species present, complete field sketches and discuss flow rates of the three waterways. Includes a visit to the Wildlife Discovery Centre.	
Rivers Walk	Compare and contrast the natural features of the meandering River Lea with the straight River Lee Navigation. Students discuss and record river features and birdlife, complete field sketches and use fair testing skills to measure flow rates. This is a half day program.	KS2 (7 - 11 years)
Waterworks Nature Reserve - E10 7QB		
Activity	Description	Age
Habitat Discovery Day – Wildlife	Students explore the weird and wonderful world of minibeasts in a variety of terrestrial habitats. Through collecting, identifying and classifying the invertebrates, discover which areas make the best home for minibeasts and see if you can survive the 'Needs of Life 'game. Then use binoculars to see the birds that also call this unique habitat home and see how they link into food chains. Available: April – October	KS1 (5-7 years) and KS2 (7 - 11 years)
Mindfulness and Natural Art Discovery Day	Pupils can focus on their senses, work in teams, observe the Park's wildlife and use natural artefacts to introduce wellbeing techniques. Activities include nature's rhythms, mud tree faces, hapa zome, symmetry butterflies and kennings poems.	KS1 (5-7 years) and KS2 (7 - 11 years)
Plant Discovery Day	Students learn about a seeds needs of life as they have fun playing the 'Seed Tig Game', discover plant variation by taking part in a scavenger hunt, learn about plant parts using edible fruits and vegetables and study the tiny seeds from which the produce grows, pretend to be a pollinator in the pollination game and plant a seed to take away and grow. They will also discover how people use all of their sensory powers to learn about plants through an exciting mix of environmental activities such as making a sound map, examining taste buds, using colour catchers to explore colours in nature and magnifying glasses to study plant parts in close detail, and group activities such as 'meet a tree ', and 'smelly cocktails'. Available: May - September	KS1 (5-7 years)
Plant Discovery Day	Students follow in the footsteps of Victorian plant hunters undertaking a series of challenges to uncover the secrets of plants! Tasks include the plant parts quiz, food chain construction, identification and classification skills, observing plant variation, the photosynthesis recipe and games such as the pollination game to help understand the reproductive parts of a plant and the mime game which brings dispersal to life. Available: May - September	KS2 (7 - 11 years)
Stone Age Discovery Day	Follow the changes in technology and evolution during the 3.4 million years from the Stone Age to Iron Age, from fighting for survival to sophisticated society. How did early hunter-gatherers survive? Discover the animals with whom they shared their world and the plants they would have used for food and medicine. Gather materials and explore ancient and modern fire lighting techniques and try your hand at prehistoric art. Investigate how modern humans have built up a picture of these incredible times using archaeology and the evidence unearthed.	KS2 (7 - 11 years)
Waterworks Discovery Day	Bring your students to explore this unusual urban nature reserve in the heart of East London. This unique wetland habitat created from a disused water treatment facility, formally named the Essex Filter Beds, was used to clean Victorian London's drinking water. Bring the water cycle to life and uncover local history, follow chronological events that link to the history of London and learn about the effect of dirty water on the population before heading to one of the largest	KS2 (7 - 11 years)

	bird hides in London to observe waterbird behaviour in this important refuge for wildlife.	
Myddelton House Gardens – EN2 9HG		
Activity	Description	Age
Plant Discovery Day	<p>Students follow in the footsteps of Victorian plant hunters undertaking a series of challenges to uncover the secrets of plants!</p> <p>Tasks include the plant parts quiz, food chain construction, identification and classification skills, observing plant variation, the photosynthesis recipe and games such as the pollination game to help understand the reproductive parts of a plant and the mime game which brings dispersal to life.</p> <p>Available: May - September</p>	KS2 (7 - 11 years)
Plant Discovery Day	<p>Students learn about a seeds needs of life as they have fun playing the 'Seed Tig Game', discover plant variation by taking part in a scavenger hunt, learn about plant parts using edible fruits and vegetables and study the tiny seeds from which the produce grows, pretend to be a pollinator in the pollination game and plant a seed to take away and grow.</p> <p>They will also discover how people use all of their sensory powers to learn about plants through an exciting mix of environmental activities such as making a sound map, examining taste buds, using colour catchers to explore colours in nature and magnifying glasses to study plant parts in close detail, and group activities such as 'meet a tree', and 'smelly cocktails'.</p> <p>Available: May - September</p>	KS1 (5-7 years)
Mindfulness and Natural Art Discovery Day	<p>Pupils have the opportunity to focus on their senses, work in teams, observe the Park's wildlife and use natural artefacts to introduce wellbeing techniques. Activities include nature's rhythms, mud tree faces, hapa zome, symmetry butterflies and kennings poems.</p>	KS1 and KS2 (7 - 11 years)