

5 Walks and Trails



Sensory Trails

Early Years/KS1 | May–September

These are a great way to introduce a young or nervous group to the outdoors and get them to think about their senses. You will need a long rope and an assortment of objects that smell, taste and feel interesting. Here are some ideas:

- **Taste:** Fruit or vegetables they can eat raw, and possibly one thing that they should recognise but in a different format.
- **Touch:** Collect lots of things with different textures such as sandpaper, pine cones, sponges and feathers.
- **Smell:** Herbs, leaves, soil and bark, all with distinctive smells.

Choose a route that will take your group on a winding trail around an area of woodland or scattered trees, and tie/wind your rope around trees and posts along the route so that it can act as a handrail for the children to feel their way along. Place the sensory objects you have brought with you (or found in the habitat) along the roped route. Children are blindfolded then led around the roped route, each being led by an adult who will reassure and describe what they are passing and what they are going to experience next.

This activity generally takes a few minutes to set up, and materials need to be gathered in advance, so you will need to do some planning! Remember to take everything away with you at the end of the activity.

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Scavenger Hunts

KS1/2 | All Year

Scavenger hunts are a great way to introduce a subject such as leaf shape or seed dispersal, and can also be a good filler activity before the session is finished. Children can work on their own or in teams, and can either go through the list on their own or run and find items as you call them out one by one.

You can use scavenger hunts whilst en route from one area to another, or in a set area where individuals or small groups can roam safely and be supervised easily.

There are no best scavenger hunts, but here are a couple for you to try. You can always make your own up – but make sure you have a fair idea that the items can be found in the area you are planning the activity for! If the hunt is likely to involve rummaging around in the undergrowth, you might want to carry out a quick check to make sure there is nothing sharp or smelly around!

Key Stage 1 suggestions

- 1 Something that is pointed
- 2 Something fluffy
- 3 Something that floats
- 4 Something that sinks
- 5 Something really, really old
- 6 Something very young
- 7 Five different shaped leaves
- 8 Something yellow
- 9 Something round
- 10 Something red
- 11 Something sharp
- 12 Something straight
- 13 Something that makes a noise
- 14 Something soft
- 15 A big smile

Key Stage 2 suggestions

- 1 A seed spread by the wind
- 2 A chewed leaf (not by you)
- 3 Five pieces of man-made litter
- 4 An oak leaf
- 5 A seed spread by animals
- 6 A thorn
- 7 A piece of fern frond
- 8 An acorn cup without an acorn
- 9 Something plants need to grow
- 10 Something a bird uses for its nest
- 11 Three different types of grass
- 12 Something that reminds you of yourself
- 13 Something important in nature
- 14 A feather
- 15 Something the same colour as your top

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Real History

KS2 | All Year

The green areas around Leeds all have a lot of history associated with them, and could provide a good start to many different history topics. The council has a wealth of site-related information available to the public as leaflets, booklets or online at www.leeds.gov.uk whilst, in addition to this, many of the local parks and greenspaces have Friends of Groups who have researched the history of the area.

Indoor historical visits

Indoor historical visits can be made to the following Leeds City Council locations:

- Temple Newsam
- Lotherton Hall
- Armley Mills Industrial Museum
- Abbey House Museum – Kirkstall
- Thwaite Watermills
- Kirkstall Abbey – Visitor Centre

Outdoor historical visits

The history of any local greenspace is worth exploring, but those that have a really interesting past include:

- Temple Newsam Estate
- Lotherton Estate and Bird Gardens
- West Leeds Country Park, particularly Hawksworth Woods, and Calverley Woods
- Chevin Forest Park
- Meanwood Valley Trail

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Geography All Around

KS2 | All Year

The green areas around Leeds are excellent for studying many different aspects of the Geography curriculum. Just a few of the possible uses have been laid out below, but there are many more activities you could do.

West Leeds Country Park – Kirkstall Valley

The Kirkstall valley contains many different man-made, semi-natural and ancient habitats. The Leeds-Liverpool canal and the River Aire, with significant watercourse management, both run through the valley and provide a good resource for geographical study.

- River management
- Water cycles
- Linear settlement/green corridors

Meanwood Valley

The Meanwood valley stretches from the highly populated Woodhouse area of the city right out to Breary Marsh, nestled in the farming landscape. The Meanwood Valley Trail connects the green areas within this area, and provides a good focus for a Geography trip.

- Linear settlement/green corridors
- Becks and pools

Chevin Forest Park

Chevin Forest Park includes a wide variety of habitats from broadleaved woodland, forest, moor, rocky outcrops, ponds and meadows. The site overlooks the Wharfedale Valley, and provides an excellent site to talk about many aspects of the Geography curriculum.

- Glaciations and climate change
- Rivers and ponds
- Water cycles
- Rocks and erosion
- Population studies/settlement

On your way to a site, why not try and include a study of your neighbourhood or even get the class to draw a map of the route you will take. How many times do you have to cross roads? Do you go past any shops or churches?

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Map Reading

KS2 | All Year

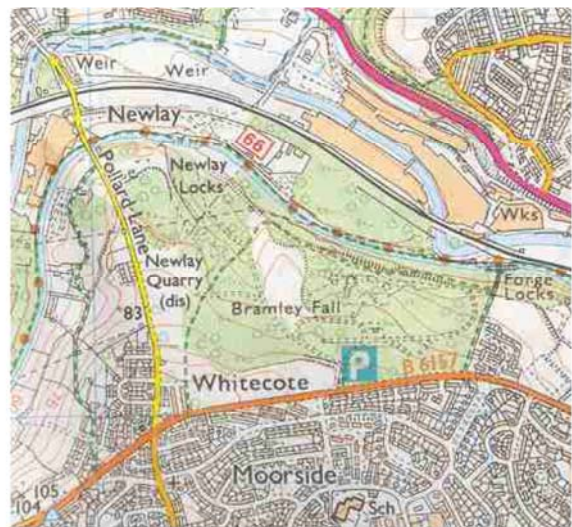
Map reading is a very important skill, which can be easily missed from the normal school curriculum. Why not take your group out on a trip where they can learn the basics of how to read a map, and enjoy an interesting walk around one of Leeds' many greenspaces.

You will need:

- Buy or borrow a few copies of the relevant OS 1:25000 map. We recommend a maximum of four sharing a map.
- Any resources required to run short map-based activities at a few pre-arranged stopping points.

Setting up the session:

- Choose a site and familiarise yourself with it to avoid any possibilities of getting lost. Set up a few sections to walk so that every small group gets a chance to navigate. Take a grid reference or prepare a description for a clue of where to go next.
- Get the group accustomed to using maps by challenging them to find their initial location or school on the map.
- Prepare activities for each of the stopping points. Examples of suggested activities include: Finding out what a series of map symbols mean, and finding an example of each. Use the map to give directions to a member of the group to a particular landmark or feature.



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On the route:

- Get your group into teams of four or less. Let each team navigate to a set destination (stopping point), with leaders assessing how well they read the map, worked together as a team and stuck to the task.
- Get the whole group to carry out an activity at this location, then swap leading groups.

Taking a grid reference:

Find a section of your Ordnance Survey map which has the numbered markings for the squares visible. Use the horizontal ones first working from left to right, then the vertical from bottom to top. Each box can be subdivided into ten sections both horizontally and vertically to give a more precise location.

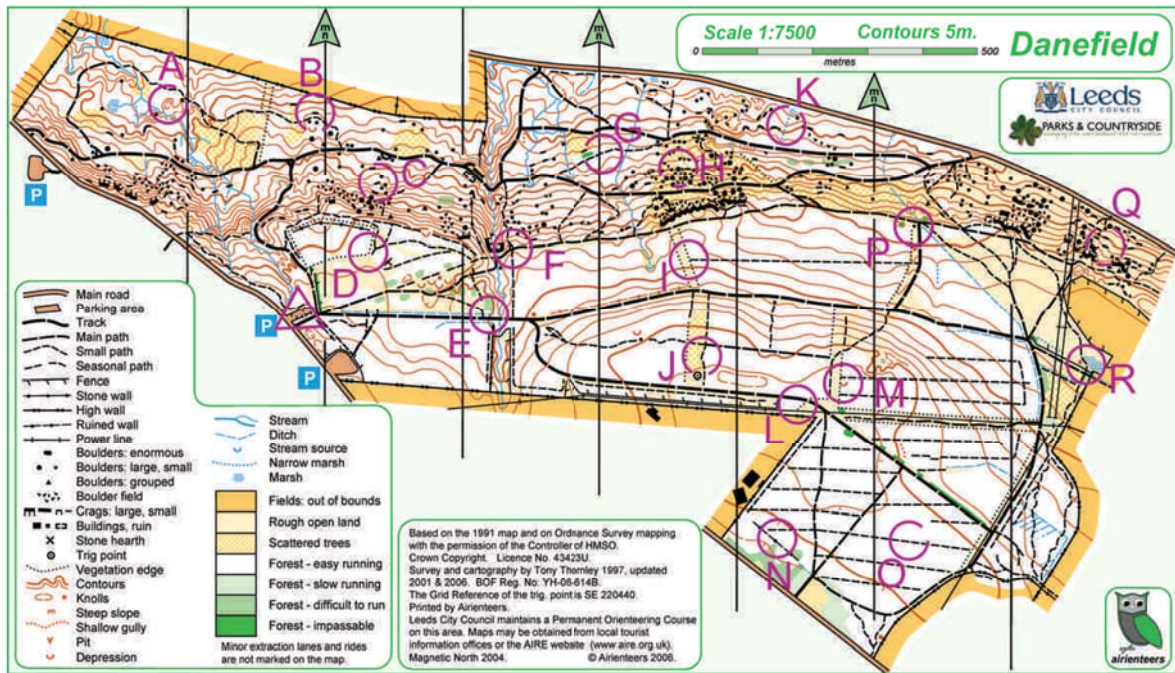
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Orienteering Sessions

KS2 | All Year

Orienteering involves using a different style of map to find lettered/numbered posts. Leeds has specially designed routes on many of its greenspaces, with maps available either from the Ranger Service or from the Aireienteers who have designed and implemented these routes.



Permanent courses are in place at:

Beckett Park, Far Headingley
Black Carr and Park Wood, Pudsey
Bramley Falls, Bramley
Calverley Woods, Calverley
Clayton Woods, Horsforth
Danefield, Chevin Forest Park, Otley

Gledhow Valley Woods, Hawksworth Valley, Kirkstall
Meanwood and Adel
Middleton Park
Roundhay Park
Temple Newsam
Colton

Visit www.ilkley.org/orienteering