

**PEAK DISTRICT NATIONAL PARK
LEARNING & DISCOVERY TEAM
TEACHERS NOTES – MOUNTAINS & VALLEYS**



Age range: Y3-Y6 (Y4-Y6 at Macclesfield Forest)	Duration: 10.00 – 14.30	Available: April to October
Locations available: Crowden, Macclesfield Forest, Moorland Discovery Centre		

Our Mountains and Valleys programme allows learners to have the experience of climbing a hill, and to explore the differences between lowland valleys and upland environments.

Activities may include (depending on site/season):

- Mountain and valley features and formation
- Upland and lowland habitats
- Investigations into how conditions change further up a hill or mountain.
- Map-reading and navigation skills
- Describing the environment, and how human activities may have shaped it over time

Important Notes for this Programme:

Transport: You may need to arrange your coach transport to pick-up/drop-off your group at different points during the day – you will be informed if this is the case at your chosen site.

Clothing and footwear: The terrain for this day is rough in places, and weather can change quickly in an upland environment. All participants *must* have sturdy footwear and warm clothing, and a rucksack-style bag to carry lunch and spare clothing. See [What-to-Wear.pdf \(peakdistrict.gov.uk\)](https://www.peakdistrict.gov.uk/what-to-wear)

We strive to make our visits accessible to all. Days can be tailored to your group's needs. While many of our sites are accessible to people with limited mobility, we advise you to discuss your particular needs with us before booking.

Main Curriculum Links:

Geography	Mountains; Geographical fieldwork skills; Human geography: economic activity and natural resources
Science	Practical enquiry, working and thinking scientifically; living things and their habitats
Physical Education	Outdoor activity

Key Learning Objectives	Learning Outcomes
<p>Geography</p> <ul style="list-style-type: none"> Hills and mountains Fieldwork skills, including making observations about the landscape Asking and answering geographical questions <p>Science</p> <ul style="list-style-type: none"> Name some of the specialised creatures and plants that live in upland environments Rocks and their formation Carrying out practical investigations <p>Other skills</p> <ul style="list-style-type: none"> Listening to and following instructions Looking carefully/observational skills Using equipment accurately Working independently and as part of a group Problem solving 	<p>All children will be able to:</p> <ul style="list-style-type: none"> Notice differences and similarities between upland and lowland environments Describe how it feels to climb a hill or mountain
	<p>Most children will be able to:</p> <ul style="list-style-type: none"> Describe and explain similarities and differences between upland and lowland environments Name some animals and plants that live in an upland environment
	<p>Some children will be able to:</p> <ul style="list-style-type: none"> Describe and explain how mountains are formed Describe human activity in upland environments

Assessment for Learning

We continually assess learning using a variety of techniques appropriate to the activity such as questioning, games, observations and checking results

Ideas for Extending Learning Before / After the Visit

Before:

- Locate the Peak District on a map, and discuss what the environment is like
- Discuss being prepared; what equipment do you need to climb a hill or mountain?

After:

- Compare the location around school with photos/memories of the visit. What similarities/differences are there?
- Tourism in mountains – what benefits/challenges does it bring? Role play different users
- Creative writing: feelings, thoughts and memories of what it is like to climb a mountain
- See our teacher's resource pages for more information and ideas:
<https://www.peakdistrict.gov.uk/learning-about/peak-curriculum/mountain-environment>

Partnerships: The Moorland Discovery Centre on the Longshaw Estate is run in partnership with the National Trust. As such visits may be delivered by staff from the Peak District National Park or the National Trust