



Beach/Coastal Walk



About the activity

Explore the area and discover the natural environment while our instructors lead activities or games along the beach or coastline close to your PGL Centre. If appropriate to your choice of course, there are various practical tasks that you can carry out during your walk. There may be opportunities to examine coastal features, compare local beach profiles and begin to explore marine ecology, geology or local history

Activity aims

The aim of this activity is to:

- Introduce the beach or coastal walk and the necessary equipment.
- Allow each participant to visit the beach or coast and experience a beach or coastal walk.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Observe, collect and identify objects and/or organisms found on the beach/coastal walk.
- Understand why the beach/marine/coastal environment is under threat, conflicts of interest associated with it and ways it can be protected.
- Be able to describe the locality of the beach or coastal walk.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork

Learning outcomes

Upon completion of the activity, participants will have:

- Explored the beach or coastal environment and have an understanding of what it consists of.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the rules of the beach or coastal walk and why they need to be followed.
- Developed an understanding of associated hazards.
- Effectively worked in small teams supporting their peers throughout the activity and recognised their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety	e.g. boundaries, hazard, risk assessment, risk, rules, safety.
Words relevant to equipment	e.g. collecting pots, magnify, identification chart.
Words relevant to the activity	e.g. beach, berms, classify, cliff, collect, identify, investigate, observe, patterns, tides, view, adaptation, environment, fossils, habitat, marine, organisms, pebbles, sand, sea, shell, survival problems.
Words relevant to teamwork	e.g. achievement, communication, co-operation, encouragement, group, individual, listening, participation, review, support.