

SEVEN SISTERS PROGRAMMES: The Cuckmere Experience

Key Stage 2

The Seven Sisters Country Park is a special place so we have designed a special cross curricular programme that encompasses science, physical geography and history in a way that enables the groups who visit it to appreciate its uniqueness. The children are invited to explore this iconic landscape on a walk that takes them over the downs and the chalk grassland, through the Cuckmere river valley and along the rocky shoreline. There will be opportunities to look at and learn about the wildlife that makes chalk grassland a special habitat and to explore the strandline on the beach. A range of activities will introduce the children to the natural processes that have formed the river valley and the coastline and they will learn about the human history that has shaped this area.

Themes and QCA schemes: Settlements, Local History Study, Wetland and Grassland Habitats, Habitats, Investigating Rivers, Investigating Coastlines

Curriculum Links: History 1a,b. 7. Geography 1a,b, d; 2a,b,e, 3 a,c,d,e 4b, 5 a,b. Sc2 5a,b,c.

SEVEN SISTERS PROGRAMMES: Following the Cuckmere

Key Stage 2

Children are invited to join us on a walk which follows the River Cuckmere down to the sea. As the group walk over the Downs above the river valley they stop at the best vantage points and using activities that engage them with the surrounding area, the children discover how the river valley was formed and how it has changed over the intervening period. We look at and discuss the future in the face of climate change and sea level rise. They learn about the journey that rivers make from their source to the mouth and find out how meanders are formed. Children can complete a sketch to take home with them. At the mouth of the river the children carry out an exercise to find out how fast the river is flowing. The return journey along the river bank provides an opportunity to experience the meanders and areas of salt marsh at first hand.

Themes and QCA schemes: Investigating Rivers, Rocks and Soils.

Curriculum Links G1a; G2a,b,c; G3a,c; G4a,b; G5a,b.

SEVEN SISTERS PROGRAMMES: Beneath Our Feet

Key Stage 2

This is a practical hands on programme designed to bring rocks and soils to life. It offers an opportunity to explore the geology of the chalk downland, the river valley and the rocky shoreline. Using simple soil tests the children discover what type of soil can be found here and what it is made up of. They learn about the comparison between soil on the hillsides and the river valley floor. They examine the chalk and flint that the Downs are comprised of and experiment to find out more about their properties. Walking down the river valley and along the coast children learn about how the natural forces that have shaped this dynamic landscape work.

Themes and QCA Schemes Rocks and Soils

Curriculum Links: Sc3 Unit 3D 1d, 4a,b, 5a, 6b, 7a,b.

SEVEN SISTERS PROGRAMMES: The Seven Sisters

Key Stage 2

Our natural, unspoilt stretch of coastline, the rocky shore and the spectacular Seven Sisters cliffs provide an ideal site to learn about the processes that shape our coastline. The visit begins with a walk down the Cuckmere valley where the children literally get a feel for the chalk and flint which forms the coastline here as they discover more about their properties and how they were formed. The walk takes in the estuary and the saltmarsh before reaching the shingle beach where the group looks at the beach material, discovers how the beach was formed, and compares the shapes of pebbles. A long shore drift game introduces the idea of how the beach moves along the coast. The day continues with a look at the natural processes at work which erode the coastline. They look at examples of this erosion at work which leads into a discussion about managing the coastline and the impact of climate change and sea level rises.

(The walk to the beach is 1½ miles. This programme is best undertaken at low tide)

Themes and QCA schemes: Investigating Coasts, Rocks and Soils.

Curriculum Links G1a; G2a,b,c; G3a,c,d,e; G4a,b; G5a,b; G6c,e.

SEVEN SISTERS PROGRAMMES: Whelks, Winkles and Wrack Key Stage 2

The rock pools beneath the Seven Sisters cliffs are exposed at low tide providing a unique opportunity to discover an amazing world of plants and animals that would otherwise be hidden from us by the sea. This programme opens a door into a different world, one which many children would not normally experience. We lead your group down the Cuckmere valley, where you can see herons, egrets and cormorants on the river and listen to skylarks overhead, to the rocks beneath the Seven Sisters where children are equipped with nets and buckets and invited to explore and collect plants and animals from the rockpools. We examine what has been found and look at how they adapt to living in the inter-tidal area. We encourage groups to think about the threats posed to the marine environment by our actions and look at ways in which we are trying to ameliorate this situation.

(The walk to the beach is 1½ miles. This programme can only be undertaken at low tide)

Themes and QCA schemes: The Seashore, Life Cycles, Mini-beasts, Habitats, Interdependence and adaptation.

Curriculum Links Sc2: 1a,b,c; 2,a,b,e; 4a,c; 5a,b,c,d,e; Sc3; 1a,d; 3b.

SEVEN SISTERS PROGRAMMES: The Friston Forest Experience Key Stage 2

Friston Forest was planted in 1926 and covers 480ha. We use a small part of it to encourage children out into the woods to explore and enjoy the plants and animals that live there. We take them on a trail through the woods and using games and activities introduce them to the plants, help them find out how old the woodland is and work out how it came to be there. Children look for mini beasts in the leaf litter or out in the meadow and decide how they have adapted to living in the different habitats, they visit a badger sett and rabbit warren, and pond dip at our purpose built pond in the forest where they learn about the life cycle of some of our aquatic creatures. Through games they are encourage to use all their senses to appreciate what is going on around them.

Themes and QCA schemes: Woodland Habitat, Life cycles, Mini-beasts, Growth, Interdependence and adaptation.

Curriculum Links Sc2: 1b,c;2a,b;3a,b,c;4a,b,c;5a,b,c,d,e,f.

SEVEN SISTERS PROGRAMMES: The Friston Trail

Key Stage 2

Join us in Friston Forest for a team building experience that is designed to take children out of the classroom and help them connect with the natural environment as they engage in activities that involve working together as a team. The day begins with orienteering. Children learn how to use a compass, follow compass bearings, work out how to pace out a trail, and read a map. They are then sent out in groups to follow an orienteering course around the woodland. They have to fill in a question sheet to prove they have completed the trail. They are then faced with a series of challenges to find out how well they operate as teams. This culminates in the chance to work together to build watertight debris shelters out of dead wood. They are awarded points for their effort and skill and how well they have worked together. We test the shelter to see how waterproof they are!

Please note that because of the activities offered for this programme it is only suitable for groups of no more than 60 children at a time.

Themes and QCA Schemes: Team building, Citizenship.
Curriculum Links: G1a,b; 2b,c,g.