

Physical Education

- The child has developed sailing skills, including understanding wind direction and using different sailing techniques.
- Through kayaking, the child has learned proper paddling techniques and navigation skills.
- Participating in climbing activities has improved the child's strength, flexibility, and problem-solving abilities.
- The child has gained skiing skills, such as maintaining balance and turning techniques.

Social Studies

- By engaging in the activities, the child has learned about the geographical aspects of coastal regions and their importance in recreation and tourism.
- Participating in the low ropes and high ropes courses has helped the child understand the importance of teamwork, communication, and trust.
- The child has learned about risk assessment and safety measures while using different equipment during the activities.
- Through ringos, the child has gained an understanding of the history and cultural significance of water-based recreational activities.

For continued development related to these activities, encourage the child to explore further opportunities in water sports and adventure activities. They can join local sailing or kayaking clubs, participate in rock climbing or skiing courses, or even pursue certifications in these areas. Engaging in these activities outside of the residential center will provide the child with continued physical and social development, as well as foster a deeper understanding of the subjects related to the activities.

Book Recommendations

- [The Edge Chronicles: Beyond the Deepwoods](#) by Paul Stewart and Chris Riddell: A fantasy adventure novel that follows the journey of a young protagonist through a dangerous and mysterious world, which can resonate with the child's experiences at the Calshot Residential Activity Centre.
- [Kayakers' Guide to the River Thames](#) by Peter Knowles: A comprehensive guidebook that explores the different sections of the River Thames, providing valuable information on kayaking routes, safety tips, and historical landmarks along the way.
- [Mountaineering: The Freedom of the Hills](#) by The Mountaineers: A classic instructional manual that covers all aspects of mountaineering, including climbing techniques, equipment, and safety protocols, which can further enhance the child's knowledge and skills in climbing.

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