

Abbotts Hall Farm visits KS3/4/FE



Abbotts Hall Farm offers primary examples of saltmarsh, woodland, pond, hedgerow and meadow ecosystems, coastal realignment and farming with wildlife ideal for:

- **Data sampling** for a range of ecosystems
- Specific day visit programmes
- **Controlled assessments** fieldwork
- **Common entry** fieldwork
- Increased understanding of the geographical and scientific features that Essex has to offer

Your Day

We offer sessions across the year to enrich the curriculum

Choose from whole days or half day visits

When you book a workshop with us, we will tailor the event to meet your needs and provide the following:

- Risk Assessments
- Lesson Plans
- Links to the curriculum
- Resources/ equipment
- Expertise in the subject
- Links to wildlife and local natural spaces them for wildlife areas.

KS3 £8.00/student, KS4 £10/student, FE £12 student per day. Half day rates available.

Abbotts Hall Farm Abbotts Hall Farm, Great Wigborough, CO5 7RZ

Map Ref : TL 966 142

Please see below for details. For bookings or further information contact:

Outdoor Learning Manager: learnoutdoors@essexwt.org.uk 01621862992



Abbots Hall Farm visits KS3/4/FE

Coasts and coastal management

Location: Abbots Hall Farm Abbots Hall Farm, Great Wigborough, CO5 7RZ
Map Ref : TL 966 142

Skills	Data sampling, ecosystems, safe use of a range of scientific equipment, land use, first hand experience of a managed retreat, investigation of low lying area coastal management comparing coastal defences: managed realignment and sea wall.
Session outlines	Choose from the following series of projects:
Data sampling of saltmarsh (1/ 1.5 hours)	<ul style="list-style-type: none"> • Environment characteristics, habitat, species and reasons for its establishment. • Saltmarsh Transect to record vegetation density and species • Sea Wall Transect to record saltmarsh establishment and zonation behind the defence
Coastal defence investigation (1 hour)	<ul style="list-style-type: none"> • Human and physical reasons for coastal defence • The importance of coastal management • The management strategies - hard and soft • Advantages and disadvantages • Sustainable and non-sustainable schemes and costs
Managed retreat orienteering trail (1.5 hours)	<ul style="list-style-type: none"> • Explore the issues whilst following a trail to the breach • Scaled maps and compasses to be utilised

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Coasts and coastal management

Continued...

Session outlines	Choose from the following series of projects:
Fieldwork investigation: Coastal management at Abbots Hall Farm (one day)	<p>To guide students through the processes of a full investigation setting out clear aims, exploring secondary information, hypothesis, methodology, risk assessment, equipment, data collection, analysis and evaluation.</p> <p>Course content</p> <ul style="list-style-type: none"> • Introduction to Abbots Hall Farm • Coastal defence • Coastal realignment at Abbots Hall Farm • Risk assessments • Hypotheses/predictions • Data sampling of the saltmarsh and sea wall • Sketch map of main features of breach • Collation and analysis of data collected • Evaluation • Managed retreat orienteering trail • Breach debate. • Plenary
Breach debate (1.5 hours)	<ul style="list-style-type: none"> • Replicate the parties involved • Issues faced • Conflicts and gains • Requirements of planning application implementation

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Abbots Hall Farm visits KS3/4/FE

Farming



Location: Abbots Hall Farm Abbots Hall Farm, Great Wigborough, CO5 7RZ
Map Ref : TL 966 142

Skills	Data sampling, ecosystems, land use, safe use of a range of scientific equipment, investigating rural farming management and the need to be economically and environmentally sustainable.
Session outlines	Choose from the following series of projects:
Fieldwork investigation: Farms (one day)	<p>To introduce students to modern farming practices including their economics and diversification and wildlife. To participate in a decision making debate on organic practices and consumer spending.</p> <p>Course content:</p> <ul style="list-style-type: none"> • Introduction to Abbots Hall Farm • The economy of rural areas and the need to adapt to be more sustainable. • Introduction to farming and wildlife • Organic farming debate • Risk assessments • Tour of site • Evaluation • Food mile activity • Plenary
Food miles activity (1.5 hours)	<ul style="list-style-type: none"> • Take a shopping basket full of food and use maps with scale rulers to give the food miles of each food item • Discussing issues that include local sourcing, British produce and Fair Trade.

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Farming Continued...

Session outlines	Choose from the following series of projects:
Organic farming debate (1.5 hours)	<ul style="list-style-type: none"> • Replicate the parties involved • Issues they face • Conflicts and gains • Requirements of conservation grade crop management
Abbots hall Farm tour (1.5 hours)	<ul style="list-style-type: none"> • This will include the main crops, habitats, the breach of the seawall and resulting saltmarsh • Organic farming versus 'wildlife friendly' farming. • Farming methods that affect wildlife • Various topics will be discussed such as crop selection, equipment, wildlife considerations and recreation and leisure possibilities • Development of a farm business and the impact of modern farming practices on the environment • Specialist crops • Organic farming trial • Higher level stewardship scheme • Recreation and leisure • Demands from industry • Competition within the global market
Flatbread making (1 hour)	<ul style="list-style-type: none"> • Grind corn to extract flour • Make flatbreads • Cook flatbreads on a fire/outdoor cooker • Make butter • Eat flatbreads

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Abbots Hall Farm visits KS3/4/FE

Freshwater ecology and ponds



Skills	Data sampling, ecosystems, safe use of a range of scientific equipment, investigation of the abundance and distribution of freshwater invertebrates in freshwater ponds, light levels in a pond, pond creation and maintenance.
Session outlines	Choose from the following series of projects:
Fieldwork investigation: Freshwater ecology (one day)	<p>To guide students through the processes of a full investigation setting out clear aims, exploring secondary information, hypothesis, methodology, risk assessment, equipment, data collection, analysis and evaluation.</p> <p>Course content:</p> <ul style="list-style-type: none"> • Introduction to the site and the ponds • Risk assessments • Hypotheses/predictions <p>Data sampling:</p> <ul style="list-style-type: none"> • Collation and analysis of data collected • Evaluation • Plenary
Pond data sampling (1.5 hours)	<ul style="list-style-type: none"> • Species diversity • Abundance • Distribution • Ecological factors – oxygen levels, pH, light level • Pollution level

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Freshwater ecology and ponds

Continued...

Session outlines	Choose from the following series of projects:
Freshwater ecosystems food webs (1 hour)	A game to explore the links between pond creatures and what happens if it becomes unbalanced (30mins per class).
Biotic index (30 mins)	Sample the pond and use the species found to indicate how clean the water is.



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Abbots Hall Farm visits KS3/4/FE

Ecosystems: Woodland, hedgerow & meadows



Skills	Data sampling, ecosystems, land use, safe use of a range of scientific equipment, investigating the physical features and processes of an ecosystem: Influence of climate and soil, how components interrelate and depend on one another and the effects of management and destruction of an ecosystem, habitat creation and conservation.
Session outlines	Choose from the following series of projects:
Fieldwork Investigation (one day)	<p>To guide students through the processes of a full investigation setting out clear aims, exploring secondary information, hypothesis, methodology, risk assessment, equipment, data collection, analysis and evaluation.</p> <p>Course content:</p> <ul style="list-style-type: none"> • Introduction to the ecosystem • Ecosystem processes • Risk assessments • Hypotheses/predictions <p>Data sampling:</p> <ul style="list-style-type: none"> • Collation and analysis of data collected • Evaluation • Plenary

Please continue on next page for sessions outlines

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Ecosystems: Woodland, hedgerow & meadows

Continued...

Session outlines	Choose from the following series of projects:
Data sampling for a chosen ecosystem (1.5 hours)	<ul style="list-style-type: none">• Soil composition and local climate• Plant adaptations to soil and climate• Natural and manmade features survey• Land use survey• Woodland structure and species, function, management, recreation and revenue• Quadrat sampling - flora and fauna• Location dependent – comparison of managed and unmanaged woodland.

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Abbots Hall Farm visits KS3/4/FE

Bush craft



Skills	Shelter building, fire lighting, safe use of hand tools, green woodwork, knots and rope work, experimentation, risk management, physical mobility and agility, problem solving and collaboration, species identification, ecosystems, sustainability.
Session outlines	Choose from the following series of projects:
Shelter building (1/ 1.5 hours)	Team challenge working in groups to make shelters able to shelter the team from a rainstorm. Using natural materials and tarpaulins and ropes.
Green woodwork (1/ 1.5 hours)	Use tools such as knives, pruning and bowsaws, hand drills, gimlets, mallets, billhooks and potato peelers to make a variety of items such as musical instruments, bows and arrows, butter knives, peashooters, charcoal pencil, beads from a range of wood species.
Rope work (1/ 1.5 hours)	Work in teams to learn knots and use ropes for a range of activities: <ul style="list-style-type: none"> • Make a rope swing • Rope walk • Rope trust game • Zip wire

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Bush craft

Continued...

Session outlines	Choose from the following series of projects:
Fire Lighting (1/ 1.5 hours)	Understand the legal and safety issues when lighting fires outdoors and collect materials for tinder, kindling and firewood. Grade and sort materials for the fire and explore different methods of fire lighting. Learn to use flint and steels to make small fires in groups.
Cooking on a fire (1/ 1.5 hours)	Consider the food health and safety implications of preparing and cooking food outdoors. Choose food to cook – marshmallows, s'mores, drop scones or flatbreads. Prepare and cook selected food on the fire.
Arts and crafts (1/ 1.5 hours)	Use mud and natural materials such as clay, raffia and willow for a variety of projects: <ul style="list-style-type: none"> • Land art • Stick people • Little people furniture • Mobiles • Weaving • Willow platter • Tree faces • Charcoal pencils



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