

We are
CVQO



AGES
8-14



THE LION AWARD

A CVQO programme for schools

The CVQO Lion Award promotes the development of 8-14 year olds through a varied and exciting programme of outdoor activities, first aid skills and social action projects. The programmes support young people's mental wellbeing, resilience and character, providing them with a safe environment to try something new and push themselves out of their comfort zone.

**OUTDOOR ACTIVITIES
FIRST AID SKILLS
SOCIAL ACTION**



HOW DOES IT WORK?

The Award is built on experiential and reflective learning and can be delivered in 12, 24 or 36 week programmes. It offers experiences that sit outside of the traditional curriculum, designed to complement regular schoolwork and help young people with the challenges they face in everyday life.

Learning is facilitated through coaching and CVQO instructors will provide constructive feedback throughout on students' actions and behaviours. The emphasis is on teamwork, the impact that individuals can make on group performance and how groups can influence the decision to achieve a shared outcome.

Education is not a one size fits all solution and the CVQO Lion Award helps young people find their place in the world by exploring the abilities that make them unique.

GOLD AWARD - 36 WEEKS

14 weeks	Character and Resilience Development
5 weeks	Team Building and Problem Solving
3 weeks	Leadership
3 weeks	First Aid (Heartstart certificate)
2 weeks	Navigation (CVQO Navigation certificate)
3 weeks	Bushcraft
1 weeks	Remembrance
3 weeks	Social Action Project
1 week	Award Ceremony Preparation
1 week	Award Ceremony (Gold Award)



ABOUT THE PROGRAMME

Group size can vary from 10 – 30 depending on the learners' need and age

2 hours per week for 12, 24, or 36 weeks

One CVQO instructor and one member of school staff

Activities take place outside wherever possible

BRONZE AWARD 12 WEEKS

BRONZE AWARD - 12 WEEKS

8 weeks	Character and Resilience Development
3 weeks	First Aid (Heartstart certificate)
1 week	Award Ceremony (Bronze Award)

SILVER AWARD 24 WEEKS

SILVER AWARD - 24 WEEKS

12 weeks	Character and Resilience Development
4 weeks	Team Building and Problem Solving
3 weeks	First Aid (Heartstart certificate)
3 weeks	Bushcraft
1 week	Award Ceremony Preparation
1 week	Award Ceremony (Silver Award)

The Lion Award encompasses eight keys to positive wellbeing into the learning experience. Underpinning these keys are our characters and behaviours that the programme encourages young people to consider, develop and draw upon.

Keys

- Connect with others
- Be active
- Learn new things
- Help and support others
- Work towards positive outcomes
- Bounce back and try your best
- Be grateful and focus on the positives
- Be kind

Characters

- Self-belief
- Courage
- Good health
- Optimism
- Confidence
- Compassion
- Self-control
- Listening
- Sharing
- Co-operation
- Caring
- Trust
- Teamwork
- Problem solving
- Communication
- Respect
- Passion
- Integrity
- Resilience

CHARACTER DEVELOPMENT SUPPORTS THE MENTAL WELLBEING OF YOUNG PEOPLE AND CAN HELP THEM TO:

- Develop confidence to stand up and be counted
- Learn to be resilient and bounce back from failure
- Develop communication skills so that they can express their feelings
- Explore their identity and learn what it means to be comfortable in their own skin
- Recognise the importance and benefits of working in a team
- Understand and develop self-control



“It’s so vital for teachers to be helped practically in the classroom. The children in their care are too often helped with the formal curriculum but if their children lack a sense of resilience, they will be less successful.

“Children need to be ready to learn, and many come to school, hungry, tired, and sad. We really need to know how to help all children so they have a positive mindset, ready to tackle whatever challenge comes their way.”

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