



A and AS Level PE Programme Example

Day	Group 1 A/S PE	Group 2 A2 PE	Evening	DI	Notes
Sunday 28 th	Arrival & welcome. Centre tour & kit issue		Local Walk		
Monday 29 th	Mountain Walk Navigation	Mountain Walk navigation training / Practise	AS Camp craft and safety talk. Mountain Weather and hazards. A2 – Route Planning		
Tuesday 30 th	Mountain Walk/Scramble/Safety	Expedition	AS Route Planning A2 Exped		
Wednesday 1 st	Mountain Walk Expedition	Expedition	A2 Exped AS Exped		
Thursday 2 nd	Mountain Walk Expedition Assessment	Final day assessment from Campsite	All Log books		
Friday 3 rd	Depart Friday morning				