



Skiing trips:

The Benefits
for Children's Educational
Attainment



In this article, we take a look at some of the critical benefits, supported by studies and statistics, to help you build the case for your school ski trip.

Teachers, parents and even students often overlook ski trips in favour of curriculum-based courses.

There is plenty of evidence, however, to support the idea that ski trips improve educational attainment. In addition to the facts and figures about the effects of a ski trip on pupils' performance in school, many teachers and parents can attest to the improvement in certain children when it comes to relationships and attitude.

School trips generally are an essential part of a child's development outside of the family, and outdoor trips featuring physical activities are beneficial to children of all ages and abilities.

The benefits of ski trips for young people include physical skills, increased knowledge, personal and social development, opportunities to set and achieve personal goals, environmental awareness and greater awareness of health and fitness.

Enriching the Curriculum

The Government's Education Committee undertook an enquiry into learning outdoors, which was designed to recognise the importance of outdoor activities in enriching the school curriculum. (House of Commons Education and Skills Committee, Education Outside the Classroom: Second Report of Session 2004–05).



The Committee found that outdoor education makes a significant contribution to students' learning in many areas, including:

- ▶ Science
- ▶ Geography
- ▶ Modern languages
- ▶ Physical education
- ▶ History and citizenship
- ▶ Art and design
- ▶ Environmental, countryside and sustainable development education
- ▶ Practical skills that are not normally practised in a classroom environment, and
- ▶ Group activities that build self-confidence and social skills.

Helps to Re-engage Under-Engaged Students

A 2008 report from Ofsted, entitled ‘How Far should you go?’ provides clear evidence that school trips can help to motivate students who are typically under-engaged in school work and learning. Students will take part in experiences and activities in new ways, away from the classroom setting and learn in a real-world environment.

Learning outside of the classroom can be the change they need to become more engaged in the school curriculum. The Ofsted report concluded that learning away from school significantly contributed to improvements in pupils’ social, personal and emotional development.

Learning Foreign Languages

Most ski trip locations take place in areas speaking one or more of the modern foreign languages taught as part of the school curriculum. Visiting these countries is one of the best ways to immerse children in learning, and allows them to practise the language in a way they would not have inside the classroom.

Aside from utilising and practising their actual language skills, students also have the chance to appreciate the culture of the countries, try the food and see how people live and work.



Personal Development for Improved Learning

Confidence – Participation in new activities and rising to new challenges can make all the difference to a student's confidence. This is critical to many areas of educational attainment and can allow pupils to become more adaptable and willing to try new things when they return home, with greater confidence that they will succeed.

Successful learning – Skiing trips can lay the foundation for long-term successful learning. Such trips encourage positive attitudes towards school, generally, which can lead to motivation and more significant achievement in all areas of school work. Much of the reason for this is that during ski trips, students don't realise they are learning and merely see it as a social excursion. As a result, they are more likely to engage and develop positive attitudes for successful learning.

Greater responsibility – School trips are an excellent opportunity for children to demonstrate their capacity for greater responsibility. This can, in turn, give pupils a feeling of value and belonging in society at large.

Supporting smooth transitions – Times of transition can be challenging for children, particularly during their school careers. However, school trips can help them to build resilience, become more adaptable, build confidence and give them something to look forward to. Whether from primary school to secondary, or later in their academic career, a school ski trip can help set them up for success.



Wellbeing – School ski trips can have a significant impact on pupils' wellbeing. From improving both emotional and physical health to enhancing self-esteem, the benefits of a school trip on welfare cannot be understated.

Social skills – The quality of young people's relationships improves, in particular with their friends, family and teachers. 93% of teachers observe better relationships between pupils on return to school.

Appreciation of nature and the environment – Young people's knowledge, awareness and appreciation of the natural climate improve. 72% of teachers observe improved awareness of the natural environment in their pupils on return to school.

Improved enthusiasm – Their attitude towards learning improves, and they become more confident, capable learners in the classroom. 60% of teachers observe an improvement in their pupils' performance on return to school.



Book your school ski trip with IBT Travel today.

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