



Free resources

# Gardening Short Course

Activity ideas to promote  
wellbeing and develop practical  
skills for learners aged 13+



**ASDAN**

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## Links to ASDAN courses

The activities in this resource have been taken from ASDAN's Gardening Short Course. These courses develop personal, social and work-related skills through activity-based challenges.

They are best suited to learners aged 13+ in mainstream settings, however they can be adapted to suit different ages and abilities.

Find out more about ASDAN courses at: [asdan.org.uk/courses](https://asdan.org.uk/courses)



# About this resource



## Activity ideas

This free resource booklet includes activity ideas from ASDAN's Gardening Short Course.

Gardening activities promote a healthier lifestyle and can have a positive impact on mental health and wellbeing.

- Gardening is good physical exercise – especially digging!
- Cooking with produce you have grown can result in a healthier diet.
- Concentrating on a gardening task helps you to focus and gives your mind a break.
- Spending time outdoors helps you to connect with nature and relax.
- Gardening is a good way to spend time away from screens and technology.
- Caring for plants gives you a sense of responsibility, which can boost your confidence.

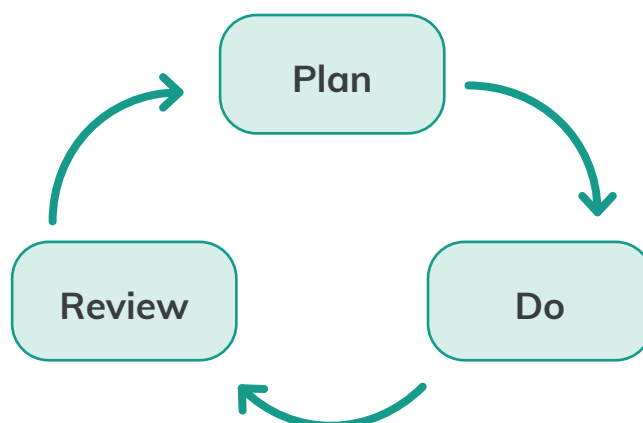
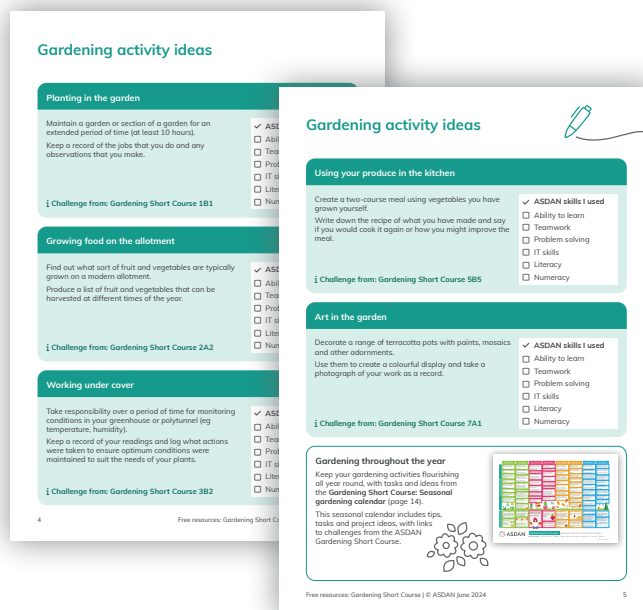
## Resource templates

This resource pack includes eight recording templates. These worksheet-style templates can be used to support the activities.

## Planning and reviewing

The activities in this book provide excellent opportunities to practise planning and reviewing learning. The process of plan, do, review is a core part of ASDAN's Short Courses. It involves planning how you will approach a challenge, carrying out the activity and reflecting on what went well and what you could improve on next time.

Use the **challenge plan** on page 12 to prepare for any of the activities and set targets for your learning. Complete the **challenge review** on page 13 afterwards to reflect on what you have learned.



# Gardening activity ideas

## Planting in the garden

Maintain a garden or section of a garden for an extended period of time (at least 10 hours).

Keep a record of the jobs that you do and any observations that you make.

**i Challenge from: Gardening Short Course 1B1**

### ✓ ASDAN skills I used

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

## Growing food on the allotment

Find out what sort of fruit and vegetables are typically grown on a modern allotment.

Produce a list of fruit and vegetables that can be harvested at different times of the year.

**i Challenge from: Gardening Short Course 2A2**

### ✓ ASDAN skills I used

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

## Working under cover

Take responsibility over a period of time for monitoring conditions in your greenhouse or polytunnel (eg temperature, humidity).

Keep a record of your readings and log what actions were taken to ensure optimum conditions were maintained to suit the needs of your plants.

**i Challenge from: Gardening Short Course 3B2**

### ✓ ASDAN skills I used

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy



# Gardening activity ideas

## Using your produce in the kitchen

Create a two-course meal using vegetables you have grown yourself.

Write down the recipe of what you have made and say if you would cook it again or how you might improve the meal.

**i Challenge from: Gardening Short Course 5B5**

### ✓ ASDAN skills I used

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

## Art in the garden

Decorate a range of terracotta pots with paints, mosaics and other adornments.

Use them to create a colourful display and take a photograph of your work as a record.

**i Challenge from: Gardening Short Course 7A1**

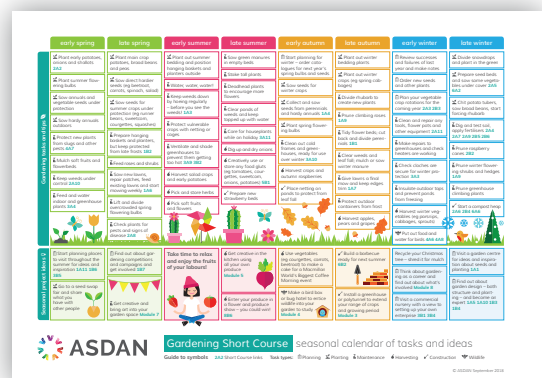
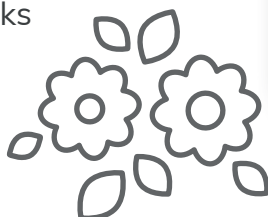
### ✓ ASDAN skills I used

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

## Gardening throughout the year

Keep your gardening activities flourishing all year round, with tasks and ideas from the **Gardening Short Course: Seasonal gardening calendar** (page 14).

This seasonal calendar includes tips, tasks and project ideas, with links to challenges from the ASDAN Gardening Short Course.





# Gardening jobs log

[ASDAN challenge link: Gardening Short Course 1B1](#)

Gardening job:

Date:

Observations:

Time spent (hours):

Who with:

Weather:

Gardening job:

Date:

Observations:

Time spent (hours):

Who with:

Weather:

Gardening job:

Date:

Observations:

Time spent (hours):

Who with:

Weather:

Gardening job:

Date:

Observations:

Time spent (hours):

Who with:

Weather:



# Planting and harvesting

ASDAN challenge link: Gardening Short Course 2A2

Circle or colour the months that you should plant and harvest (J = January, D = December)



### Courgettes

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D



### Beetroot

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D



### Plums

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D



### Strawberries


Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D

Plant	J	F	M	A	M	J	J	A	S	O	N	D
Harvest	J	F	M	A	M	J	J	A	S	O	N	D





# Greenhouse conditions log

[ASDAN challenge link: Gardening Short Course 3B2](#)

 Date:


 Time:

 Humidity:


 Temp:


**Actions taken:**



 Date:


 Time:


 Humidity:


 Temp:


**Actions taken:**



 Date:


 Time:


 Humidity:


 Temp:


**Actions taken:**



 Date:

 Time:

 Humidity:

 Temp:

**Actions taken:**











# Plant pot design ideas

[ASDAN challenge link: Gardening Short Course 7A1](#)





# Challenge plan

ASDAN challenge link:

Description of the activity that will help me develop my skills

Skills I plan to use

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

How I plan to do it

What I will need

Who else is involved

When it will be done by

Where it will be done

I confirm that I have planned what I need to do and have agreed it with my tutor.

Student:

Tutor:

Date:



# Challenge review

[ASDAN challenge link:](#)

**? What I did**

**✓ Skills I used**

- Ability to learn
- Teamwork
- Problem solving
- IT skills
- Literacy
- Numeracy

**👍 What went well**

**👎 What could have gone better**

**⚙️ Changes I made to my plan**

**👤+ Who helped**

**📎 Evidence I have for my portfolio**

**I confirm that the information above is correct and has been agreed with my tutor.**


Student:

Tutor:

Date:









Gardening tasks and tips

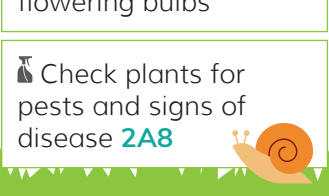
early spring

-  Plant early potatoes, onions and shallots **2A2**
-  Plant summer flowering bulbs
-  Sow annuals and vegetable seeds under protection
-  Sow hardy annuals outdoors
-  Protect new plants from slugs and other pests **4A7**
-  Mulch soft fruits and flowerbeds
-  Keep weeds under control **2A10**
-  Feed and water indoor and greenhouse plants **3A4**



late spring

-  Plant main crop potatoes, broad beans and peas
-  Sow direct hardier seeds (eg beetroot, carrots, spinach, salad)
-  Sow seeds for summer crops under protection (eg runner beans, sweetcorn, courgettes, squashes)
-  Prepare hanging baskets and planters, but keep protected from late frosts **1B2**
-  Feed roses and shrubs
-  Sow new lawns, repair patches, feed existing lawns and start mowing weekly **1A6**
-  Lift and divide overcrowded spring flowering bulbs
-  Check plants for pests and signs of disease **2A8**











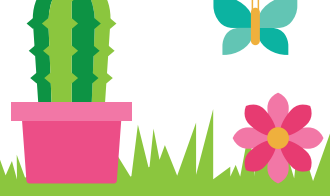
early summer

-  Plant out summer bedding and position hanging baskets and planters outside
-  Water, water, water!
-  Keep weeds down by hoeing regularly – before you see the weeds! **1A3**
-  Protect vulnerable crops with netting or cages
-  Ventilate and shade greenhouses to prevent them getting too hot **3A9 3B2**
-  Harvest salad crops and early potatoes
-  Pick and store herbs
-  Pick soft fruits and flowers



late summer

-  Sow green manures in empty beds
-  Stake tall plants
-  Deadhead plants to encourage more flowers
-  Clear ponds of weeds and keep topped up with water
-  Care for houseplants while on holiday **3A11**
-  Dig up and dry onions
-  Creatively use or store any food gluts (eg tomatoes, courgettes, sweetcorn, onions, potatoes) **5B1**
-  Prepare new strawberry beds



Seasonal project ideas

-  Start planning places to visit throughout the summer for ideas and inspiration **1A11 1B6 3B5**
-  Go to a seed swap fair and share what you have with other people 

-  Find out about gardening competitions and campaigns and get involved **1B7**
- 
-  Get creative and bring art into your garden space **Module 7**

**Take time to relax and enjoy the fruits of your labours!**



-  Get creative in the kitchen using all your own produce **Module 5** 
-  Enter your produce in a flower and produce show – you could win! **8B6**

early autumn	late autumn	early winter	late winter
<ul style="list-style-type: none"> <li>Start planning for winter – order catalogues for next year’s spring bulbs and seeds</li> </ul>	<ul style="list-style-type: none"> <li>Plant out winter bedding plants</li> </ul>	<ul style="list-style-type: none"> <li>Review successes and failures of last year and make notes</li> </ul>	<ul style="list-style-type: none"> <li>Divide snowdrops and plant in the green</li> </ul>
<ul style="list-style-type: none"> <li>Sow seeds for winter crops</li> </ul>	<ul style="list-style-type: none"> <li>Plant out winter crops (eg spring cabbages)</li> </ul>	<ul style="list-style-type: none"> <li>Order new seeds and other plants</li> </ul>	<ul style="list-style-type: none"> <li>Prepare seed beds and sow some vegetables under cover <b>2A5 6A2</b></li> </ul>
<ul style="list-style-type: none"> <li>Collect and sow seeds from perennials and hardy annuals <b>1A4</b></li> </ul>	<ul style="list-style-type: none"> <li>Divide rhubarb to create new plants</li> </ul>	<ul style="list-style-type: none"> <li>Plan your vegetable crop rotations for the coming year <b>2A3 2B3</b></li> </ul>	<ul style="list-style-type: none"> <li>Chit potato tubers, sow broad beans, start forcing rhubarb</li> </ul>
<ul style="list-style-type: none"> <li>Plant spring flowering bulbs</li> </ul>	<ul style="list-style-type: none"> <li>Prune climbing roses <b>1A9</b></li> </ul>	<ul style="list-style-type: none"> <li>Clean and repair any tools, flower pots and other equipment <b>2A11</b></li> </ul>	<ul style="list-style-type: none"> <li>Dig and test soil, apply fertilisers <b>2A4 2A7 2A9 2B5 2B6</b></li> </ul>
<ul style="list-style-type: none"> <li>Clean out cold frames and greenhouses, ready for use over winter <b>3A10</b></li> </ul>	<ul style="list-style-type: none"> <li>Tidy flower beds; cut back and divide perennials <b>1B1</b></li> </ul>	<ul style="list-style-type: none"> <li>Make repairs to greenhouses and check heaters are working</li> </ul>	<ul style="list-style-type: none"> <li>Prune raspberry canes <b>2B2</b></li> </ul>
<ul style="list-style-type: none"> <li>Harvest crops and autumn raspberries</li> </ul>	<ul style="list-style-type: none"> <li>Clear weeds and leaf fall; mulch or sow winter manure</li> </ul>	<ul style="list-style-type: none"> <li>Check cloches are secure for winter protection <b>3A3</b></li> </ul>	<ul style="list-style-type: none"> <li>Prune winter flowering shrubs and hedges <b>1A9</b></li> </ul>
<ul style="list-style-type: none"> <li>Place netting on ponds to protect from leaf fall</li> </ul>	<ul style="list-style-type: none"> <li>Give lawns a final mow and keep edges trim <b>1A7</b></li> </ul>	<ul style="list-style-type: none"> <li>Insulate outdoor taps and prevent ponds from freezing</li> </ul>	<ul style="list-style-type: none"> <li>Prune greenhouse climbing plants</li> </ul>
	<ul style="list-style-type: none"> <li>Protect outdoor containers from frost</li> </ul>	<ul style="list-style-type: none"> <li>Harvest winter vegetables (eg parsnips, cabbages, sprouts)</li> </ul>	<ul style="list-style-type: none"> <li>Start a compost heap <b>2A6 2B4 6A6</b></li> </ul> 
<ul style="list-style-type: none"> <li>Use vegetables (eg courgettes, carrots, beetroot) to make a cake for a Macmillan World's Biggest Coffee Morning event</li> </ul>	<ul style="list-style-type: none"> <li>Build a barbecue ready for next summer <b>6B2</b></li> </ul> 	<ul style="list-style-type: none"> <li>Put out food and water for birds <b>4A6 4A8</b></li> </ul>	<ul style="list-style-type: none"> <li>Recycle your Christmas tree – shred it for mulch</li> </ul>
<ul style="list-style-type: none"> <li>Make a bird box or bug hotel to entice wildlife into your garden to study <b>Module 4</b></li> </ul> 	<ul style="list-style-type: none"> <li>Install a greenhouse or polytunnel to extend your range of crops and growing period <b>Module 3</b></li> </ul>	<ul style="list-style-type: none"> <li>Think about gardening as a career and find out about what’s involved <b>Module 8</b></li> </ul>	<ul style="list-style-type: none"> <li>Visit a garden centre for ideas and inspiration about seeds and planting <b>1A1</b></li> </ul>
		<ul style="list-style-type: none"> <li>Visit a commercial nursery with a view to setting up your own enterprise <b>3B1 3B4</b></li> </ul>	<ul style="list-style-type: none"> <li>Find out about garden design – both structure and planting – and become an expert <b>1A5 1A10 1B3 1B4</b></li> </ul>

# se seasonal calendar of tasks and ideas

Task types:  Planning  Planting  Maintenance  Harvesting  Construction  Wildlife



**ASDAN**

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