

This is our list of activities at the centre – when you book a course we will work with you to accommodate the activities you would like to do but please remember that some are seasonal, suited to particular age groups and others may be skilled staff or weather dependent. If we do need to change an activity, we will try to find an alternative that works to support the aims and objectives of what you are trying to achieve with your group. Our programmes are therefore always provisional.

NEW				
MODULE TITLE	MODULE DETAILS	LOCATION	DURATION	TARGET YEARS
<p>Consider multiple sessions in the same activity – have you considered building both a skill a promoting progression? – participants own feedback and recorded outcomes have shown that progressive sessions allows greater enjoyment, progression and development both in the activity and in the young person’s development. This works especially well with high ropes / archery / climbing. There is a case for ‘less is more’ especially on a 5 day residential course.</p>				
<b>First Aid for Young People</b>	These courses cover first aid basics such as recovery position, choking, bleeding and CPR. Using the outside spaces for realism we include scenarios to cement the learning.	Centre Grounds	Day Half Day or Eve	KS2/3/4
<b>OneOak – themed residential</b>	<p>The One Oak project has been developed by the Sylva Foundation to help promote the importance of trees and woodland management, and the benefits of using wood. It is an all encompassing, cross circular bioblitz style education project limited strictly to just 4 schools per year.</p> <p>We believe that by focussing on one tree, this will allow us to bring the story alive by demonstrating the real-life benefits of managing trees and of using wood. We will celebrate the tree’s life, both as a living organism, and in what it provides for us and the environment after it is felled.</p> <p>Includes...</p> <p><b>An autumn residential week</b> of activity and ‘bioblitz’ study to study the group’s tree, the habitats around it and see it felled.</p> <p><b>Two spring day visits</b> - first to plant the next generation of trees, then another to see the produce and use of the tree, taking back materials for the school.</p>	Centre grounds	5 day residential	KS2/3/4

## ADVENTURE

MODULE TITLE	MODULE DETAILS	LOCATION	DURATION	TARGET YEARS
<b>High Ropes 1:12</b>	Multiple Team and individual challenges on our developmental ropes course. Pushing the adventure and comfort levels. Enough for more than 2 half day sessions.	Centre Grounds	Day Half Day 2 sessions	KS2/3/4 YOUTH/ADULT
<b>Mountain Biking 1:12</b>	Locally on our own forest tracks and trails building up skills and bike handling. A muddy, physical and very active session.	Centre grounds Offsite in the Wyre	Day Half day 2 sessions	KS2/3/4 YOUTH/ADULT
<b>Climbing, Bouldering &amp; Traversing 1:12</b>	Learning skills and techniques for movement and climbing with continual progression on our purpose built climbing tower. Focus is on work together, movement, balance and adaptations for cross curricula themes.	Centre Grounds	Day Half day 2 sessions	KS1/2/3/4 YOUTH/ADULT
<b>Abseil 1:12</b>	An individual element, focusing on personal challenge and confidence, strongly back by our 'challenge by choice' philosophy.	Centre grounds	Half	KS2/3/4 YOUTH/ADULT
<b>Archery 1:12</b>	Using a variety of skills including dexterity and patience, our archery session will start with the target basics and progress to clout archery.	Centre grounds	Half Day	KS2/3/4 YOUTH/ADULT
<b>Tree Climb 1:12</b>	Using our selected trees to get up into the canopy safely attached to ropes using the same techniques as our climbing wall.	Centre grounds	Half day	KS2/3/4 YOUTH/ADULT
<b>Challenge Course 1:12</b>	Following the installation of the new Hexagon series of challenging obstacles, problems and tasks around a course that promotes teamwork, cooperation and communication.	Centre grounds	Half day	KS2/3/4 YOUTH/ADULT

# OUTDOOR LEARNING

MODULE TITLE	MODULE DETAILS	LOCATION	DURATION	TARGET YEARS
<b>Orienteering</b>	Navigation and competition skills <b>Treasure Islands / Barnfield O / Topside O / Woodland O / Wyre Forest O</b>	Centre grounds Offsite	From a ¼ To a whole day	KS1/2/3/4 YOUTH/ADULT
<b>Geocaching</b>	A fun treasure hunt using GPS handheld devices that works with many curriculum subjects such as ICT, science, literacy and maths. Find clues to hidden boxes and navigate in the 21 <sup>st</sup> century.	Centre grounds Offsite	Half day	KS2/3/4 YOUTH/ADULT
<b>Teamwork / Problem Solving and Team Challenges</b>	Using a variety of small activities to teach the importance of teamwork.	Centre grounds	Half day	KS2/3/4 YOUTH/ADULT
<b>Off-site walks</b>	Planning and undertaking a walk through the local countryside and hills using navigational skills we use our Coopers cottage in the woods as a start or finish base	Local Hills Clee and Wyre Forest	Half day	KS2/3/4 YOUTH/ADULT
<b>Bushcraft Skills</b>	<b>Elf Houses/Shelter Building (+ overnight stay)</b> <b>Mud Kitchen</b> <b>Camp food</b> <b>Tools / Knife / Whittling 1:12 max</b> <b>Fire lighting</b> <b>Foraged Food / Tracking</b> Developing skills to be comfortable outside in woodland.	Centre grounds	Can be run over a range of durations from a half day to whole weekends	KS1/2/3/4 YOUTH/ADULT
<b>Pioneering:</b>	The design and construction and testing! Of a 3 dimensional structure using wooden spars, ropes and lashings. <b>Ballista/Catapult</b> <b>Bridges</b>	Centre grounds	Half day	KS2/3/4 YOUTH/ADULT
<b>Blind Line</b>	A trail around the woodland relying on the senses, without sight, trust & cooperation skills are required.	Centre grounds	¼ or Half Day	KS1/2/3/4 YOUTH/ADULT
<b>Mine Exploration</b>	Using our purpose built mine system experience being in the dark, in small tight spaces needing to face fears and work as a team to help and support others.	Centre grounds	¼ or Half Day	KS1/2/3/4

# DISCOVERY

MODULE TITLE	MODULE DETAILS	LOCATION	DURATION	TARGET YEARS
<b>Earth Art</b>	Using naturally found and wider natural environment as inspiration for a range of temporal creative artistic activities.	Centre grounds	Half day	KS1/2/3/4
<b>Bewdley Visit</b>	A day out in the local town with a variety of different themes that can be used including architecture, transport and geography or just a visit to the famous sweetshop.	Bewdley	Half or Whole day	KS2/3/4
<b>River Studies</b>	Using local streams and tributaries to the River Severn system, a study of river processes. Flow, transects, depth and history, society and language can all be experienced up close and first hand as student perform scientific studies.	Local rivers	Half day or whole day	KS2/3/4
<b>Field Studies</b>	Bring Geography alive - collecting data outside the in the real natural world. Not just applicable for environmental learning but also social biological and historical subjects. This approach can be used for a variety of group aims.	Centre grounds		KS2/3/4
<b>Ribbesford Church visit</b>	An off-site walk to Ribbesford Church and a study of the features, architecture and graveyard.	Local church	Half day	KS1/2/3
<b>Story Walks and Themes</b> Eg. The Gruffalo Bear Hunt	Working to a loved book we can theme many activities around the story line but bring them together in a woodland walk exploring the narrative and engaging the creative mind. Combine with native Aboriginal skills to create permanent record of an adventurous walk with journey sticks an song trails	Centre grounds		KS1/2
<b>Creative Crafts</b>	Using natural materials collected from the woodland to create a memento as a lasting memory or gift whilst gaining a skill. Whittling sticks, trolls, willow weaves, bookmarks, bird feeders, cookies and other small items are examples.	Centre grounds	Half day	KS1/2/3/4 YOUTH
<b>Farm Visit</b>	Experiencing the sights, smells and operations of a working local farm, learn where our food is produced and how the land is looked after in a farmer guided tour.	Local farm	Day Half day	KS1/2/3/4

## Environmental/Conservation

MODULE TITLE	MODULE DETAILS	LOCATION	DURATION	TARGET YEARS
<b>Conservation Tasks</b> e.g. Tree/Stream Clearance Tree Planting (Winter) Coppicing Orchard fruits (Oct/Nov)	An introduction to conservation through a range of seasonal, simple but important and necessary practical tasks around our woodland. Learn about our traditional orchards field and woodlands, eco systems and their uses. Collect, chop and press apples for a thirst quenching reward.	Centre grounds	Half day	KS1/2/3/4 YOUTH/ADULT
<b>Food Chains</b>	The concept of energy flow and feeding relationships in a woodland ecosystem through the study of food chains.	Centre grounds	Half day	KS2/3/4
<b>Woodland Detectives</b>	A study of woodland animal activities using clues they leave behind.	Centre grounds	Half day	KS1/2/3
<b>Minibeast safari (Seasonal)</b>	A study of the different habitats and adaptations of terrestrial invertebrates.	Centre grounds	Half day	KS1-3
<b>Pond Dipping (Seasonal)</b>	A study of animals collected from ponds and/or streams.	Centre grounds	Half day	KS1-3
<b>Plant Life Cycles</b>	A fieldwork based session Investigating the life cycles of green plants, including structure, growth and reproduction, different habitats in the woodland and fields. Identify the plants and their adaptations.	Centre grounds	Half day	KS1-3
<b>Bug Hotels &amp; Beetle Bays</b>	A practical and active session building/digging stag beetle nests, bug and bee hotels.	Centre grounds	Half day	KS2/3/4 YOUTH/ADULT