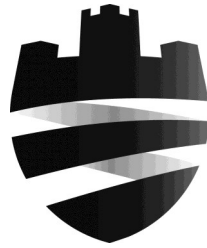




Plymstock School



Challenge Week

**Choices Booklet
Year 8 & Year 9**

**Monday 10th July -
Friday 14th July 2017**



ABOUT CHALLENGE WEEK

Students in Year 8 and Year 9 will be able to choose from a wide variety of educational activities that take place beyond the confines of the classroom.

Please note that this week is **NOT OPTIONAL**. It is part of our school term and so it is important that normal attendance is maintained.

I am very grateful to the staff who have offered to run these activities. Without them the week could not happen.

There are over five hundred pupils in Years 8 and 9 so the task of arranging this week will not be easy. Therefore it is important that you return the option sheet promptly and select a **second choice** in case your first choice is **overbooked**.

HEALTH AND SAFETY

We are aware of the potential hazards involved in adventure activities. It can sometimes be difficult, almost impossible, to create an opportunity for challenge whilst totally eliminating all risks. We hear of schools withdrawing from all types of such activity because of the risk of some unforeseen danger or threat to the wellbeing of their children.

The staff involved in organising the activities have paid great attention to health and safety and some activities have been modified as a consequence. Where activities take place in a potentially hazardous environment, tuition and supervision by properly qualified instructors has been arranged. In situations where teachers at the school possess appropriate qualifications, their expertise is being fully employed to provide children with real adventure at reduced costs. Every activity included has been examined for health and safety and adequate staff/pupil ratios. As a result we can confidently offer a wide range of activities which are within the Education Authority's strict safety guidelines.

If you have any health and safety queries about any of the activities in this booklet please do not hesitate to contact the school to discuss the matter with either Mrs Wilkins (Challenge Week Co-ordinator) or Miss Edwards (our Educational Visits Co-ordinator) who have overview of all the activities and risk assessments.

SPECIAL ARRANGEMENTS FOR THE WEEK

Travel to and from School

Some of the activities have start and finish times beyond the normal school day. **If you choose such an activity you will have to make your own arrangements for getting to and from school.**

Meals

Many daily activities require a **packed lunch**. If your child normally has a free school meal then packed lunches will be provided. They can be collected from the Galley in the morning before the activity starts.

Clothing

During the week it is usual for pupils to wear casual clothes. Extreme styles and jewellery will not be allowed. Further information about appropriate clothing for the various events will be provided by the trip leader where necessary nearer the time.

Student Behaviour

Naturally we expect pupils to behave as well as they normally do during this week. In the past we have been complimented by the staff at venues and by coach companies for the excellent standard of our pupils' behaviour. Just in case, though, it is necessary to point out that **unacceptable behaviour will result in pupils being withdrawn from activities**. In such cases **a refund will not be possible**, as most bookings have to be paid in advance.

Please note: The school reserves the right to reject applications for residential visits for pupils where behaviour has not been of an acceptable standard.

REQUESTING YOUR ACTIVITY

When you have read the booklet and made your selection, please fill in the booking form on the back page and return it to your child's form tutor by **Thursday 24 November**. I shall then process all the forms and let you know which activity your child has been allocated to.

Please remember that it is possible that your second choice will be needed. So please choose this with as much care as your first choice.

Activities Available

Residential activities

Location	Cost
France	£425
Cornwall	£300
Isles of Scilly	£200
PGL (3 days) with choice of 2 challenge days	£240

Daily off-site activities

Activity	Cost
Fishing	£60
Water sports	£185
Horse Care & Riding	£160
Dartmoor Adventure	£150
Surfing	£155
Challenge Day Trips	£110
Plane crazy	£60
Photography and walking	No charge
National Trust visits	£30
All about Wheels	£215

School based activities

Activity	Cost
Football	£40
Wittertainment Film Week.	No charge
Creative cooking	£45
Design & Create	£60
Volleyball and other ball sports	£30
Curriculum Challenge Daily Choice Includes a choice of challenges so you can choose your own curriculum for the week (these are just a few of the options that will be available). <ul style="list-style-type: none">• Apprentice Challenge• Sports• Fun with numbers• Fun with words• Film Making• ICT & game making• Where and When in the World• Girls Fashion & Beauty• What about water• Journalism	No charge

PAYMENT

All activities will require payment in full by the end of March.

Payments for all activities need to be made through Parent Pay.

We accept instalments and an appropriate payment plan for higher cost activities will be sent once your child's activity is confirmed.

If you have not received your activation code to access your account or you have any queries or concerns about paying via Parent Pay please contact the finance department.

Residential Activities

France – Culture and Language visit

The trip consists of four days and three nights with full board

The price will include:

Coach and cross channel ferry crossing via Dover – Calais/ Dunkirk
Accommodation at the fantastic Disney B and B with access to the
Disney village

A one day pass to Disneyland Paris

A visit to the home of Louis XVI; the Palace of Versailles

A visit to central Paris including the Eiffel tower and dinner in a Paris-
ian restaurant

A visit up the Tour Montparnasse to see the spectacular view of Paris
at dusk

A visit to Parc Asterix – an amusement park based on the stories of
Asterix

We will leave early on Monday and return early on Friday.

This trip is open to all students regardless of language studied although
it is most suited to students studying French.

Price based on 40 students travelling is approximately £425. Final costs
will be known when student numbers are confirmed.

Adventure Holiday to the Scilly Isles

A fun week camping and taking part in outdoor activities on the beautiful
Isles of Scilly. Monday early morning departure via Penzance on the
Ferry, return Thursday late evening. Friday after a late start, will be
based in school completing a media project on the Isles of Scilly.

3 nights camping at Garrison campsite, to include a range of outdoor
based activities developing communication and team work. Proposed
activities include beach games, crabbing, cycling, fishing, walking,
swimming, kayaking, windsurfing, sailing, rib trip, sea fishing, and camp
craft.

The cost includes all food (with the exception of packed lunch on Mon-
day and evening meal on Thursday) all activities, accommodation and
transport.

Extreme Cornwall

Extreme Cornwall offers pupils the opportunity to experience both coasts of Cornwall in their most raw and extreme form through a wide range of sports and activities. These include; surfing, body boarding, SUP, giant SUP, coasteering, kayaking, sailing, beach volleyball, zorb football and much more. The activities that take place will be based at Newquay.

During this residential week, the group will stay in Newquay and offers en-suite rooms and full board catering. The hotel provides a great social base with an indoor games area and an outdoor eating space.

If you have a love of the outdoors and want to push yourself to reach new goals and try a range of new extreme sports, this is the trip for you!

3 Day PGL Barton Hall Residential & Day Trips

This activity has two parts. There is a 2 night and 3 days residential at a local Adventure Centre and 2 days of day trips.

The Residential part of the week is based at PGL Barton Hall in Torquay. Barton Hall has its own swimming pool, dining hall, games area and activity zones. During the residential, your child will have a chance to participate in zip wire, trust games, raft building, archery, swimming and evening entertainment. All the activities are voluntary but with support students can challenge themselves to achieve new skills.

The cost of the two night and three day residential includes transport, all meals, accommodation, insurance and equipment. The two day trips will be to local venues and will leave from and return to school each day. The cost of the day trips includes transport and entry fees.

Daily Offsite Activities

Fishing

Learn how to fish and use equipment. Then use your skills fishing at two local coarse fishing lakes. Angling in waters that hold carp that weigh up to 25lb and various other smaller species. This activity would suit either students with fishing experience and own equipment, or complete beginners. Transport each day will be included as well as 4 days with 4 hours a day fishing time, all you will need to bring is yourself, your lunch and some patience.

Horse Care & Riding

Spend each day caring for ponies, and learning to ride or improving your riding skills. Each day we will travel to Newton Ferrers Equestrian Centre where we will learn how to look after the ponies, including grooming, tacking up, mucking out and feeding. You will ride one of the centre's ponies each day, either in a group lesson, possibly including jumping, or on a hack.

Water Sports at Mountbatten

Spend 5 days having fun learning how to stay water safe and take part in a variety of water sports. If it involves water we will smash it - including dinghy sailing, canoeing,, stand up paddle boarding, kayaking, hawk 20 sailing and windsurfing supported by trained staff. Students will meet daily at the Mountbatten Centre.

National Trust visits

Spend the week visiting the local National Trust properties—Anthony House, Buckland House, Saltram House, Lanhydrock House and Cothele House. Explore their history and create in school logos and displays to represent the Houses in school.

Dartmoor Challenge Week

Spend each day on the moor experiencing caving, kayaking, moor walking, tor climbing and abseiling back down. This is very much for those of you who like a daily physical challenge who want to come home to your own bed each night.

Surfing

Learn how to respect the water and learn to surf or develop your skills working with qualified coaches. A week of sun, sand and surf at Discovery Surf School Bigbury beach. For complete beginners to more advanced surfers, the qualified instructors will be there to push your surfing to the next level!

Challenge Day Trips

The week will be spent participating in a variety of activities at various venues which will include physical & mental challenges and enhance learning beyond the classroom.

Included are a science based day at Plymouth Aquarium; a geography challenge day at River Dart Country Park; a combined science and geography day learning about animal welfare and eco-tourism at Paignton Zoo; a combined history and art day at a local National Trust property; and a physical team challenge at Ashcombe Adventure Centre.

Plane Crazy

Do you have an interest in planes & aviation? In a varied week we will have a number of trips away from school, which will include visits to aircraft museums and working airports; we may even have a chance to 'fly' a full size simulator used to train real airline pilots. Back in school, we will build our own gliders and compete to see who's flies the best. Finally, throughout the week we will spend time learning to fly on simulators that you could run on your home PC.

Photography & Walking activity

If you select this activity you will need to get your walking boots on! We will be walking to beautiful places such as Saltram House, Radford Lake, Oreston Quay and Bovisand Beach where we will be taking photos of the surrounding beauty spots and processing our photographs upon our return. There will also be a day set aside for photographic shoots where you will bring in your best attire and you will photograph one another. This will enable you to gain a really nice picture of yourself at the end of the activity.

All about Wheels

Spend a week learning about 2 and 4 wheel vehicles. Work with our Go-Karts to improve performance and learn about the everyday maintenance. The week will include a visit to either (or maybe even both) a Go-Kart centre and an off-road training centre for motorcycles to learn more about safety, maintenance and riding/driving skills. This will be a hands on week developing a variety of practical skills as well as designing and building bodywork for the karts. The week will end in a competition driving the karts on our own built track. The cost quoted is based on both off site trips running (if either does not run the price will be reduced).

School Based Activities

Sport - Volleyball and other sports

Enhance your knowledge of Volleyball with England Volleyball coaches. There will also be the opportunity to play a range of different sports including baseball and badminton. The focus will be on game play, theory, officiating and organisation to improve overall performance. The week will include the opportunity to complete a Young Sports Leader Course.

Media Studies - Wittertainment Film Week.

Develop a wider knowledge of the history of cinema, film making and develop their skills to critically analyse movies. Pupils will spend time viewing a film then engage in further research of the making, social impact and critical reception of the film at its time of release. They will do this via internet searches, wider reading and DVD extras, including director's commentaries of key scenes. Pupils will then, through discussion and debate, rate and review the film as a group. This week is designed to enhance pupils understanding and appreciation of cinema past the passive role of 'viewer' and allow them to experience areas of film making they haven't considered before. It will involve some extended writing tasks in order to complete their evidence of the review process.

Sport - Football

Enhance your knowledge of football with Plymouth Argyle coaches. There will be the opportunity to play a range of different football games and formats including; street soccer, futsal and mini soccer. The focus will be on game play, theory, officiating and organisation to improve overall performance. The week will include a visit to Plymouth Argyle.

Design and Create

Want to design products? Want to create products from a range of materials? The week comprises of learning new skills in the workshop and creating several products to take home. It will include learning how to master the skill of enamelling and you will be able to make beautiful products such as pendants, earrings and a candle holder. You will also design and create your own mirror or picture frame using recycled materials and/or items from beachcombing. You could create an amazing product from that old skateboard, surfboard or even your bike. Open your imagination and be creative.

Creative Cooking - Cakes

Spend the week making and creating every day, students can choose what they would like to have a go at. Shop for ingredients bake and cook their creations for the family to enjoy, if they get home before they are eaten. Costs will cover ingredients.

Curriculum Challenge Daily Choice

You will choose between a number of activities (some running for 1 day and some running for 2 days) throughout the week. You will create your own curriculum.

A second booklet will be issued to students choosing this activity for the week and they will make their choices from the following (it is possible that an off site visit may also be included - numbers depending).

Choices will include the following (more options will be added)

- Where and When in the World - Take part in an a round the world quiz, games and challenges tasks using computers and sources.
- Fun with words - Word based games, activities and challenges.
- Fun with numbers - Number based games, activities and challenges.
- What about Water - Learn about keeping yourself safe around water, beach safety including a beach safety challenge, as well as learning about water pollution and the impact of a lack of water on communities.
- Crime challenge - learn about the law, your community and your safety. Study and report on statistics and suggest solutions.
- Enterprise tasks - work in groups to design a new dynamic area for young people within the city.
- Sport - play sport and learn about game strategies, the history of sport and officiating sport.
- Apprentice challenge - take part in an apprentice style challenge.
- Design and market your own ideas within a competitive environment.
- ICT - ICT based activities and challenges.
- Girls Fashion, Health and Beauty Journalism - Analyse the media portrayal of young people and consider the affect of the media. There will be the opportunity to create your own fashion and beauty magazine articles.
- Film-Making - Learning about films and gain a wider understanding of how movies are made and the techniques directors use. You will have the opportunity to create, edit, produce and show your own film.
- Creative Writing Workshop - You can lead the way in writing exactly what you want to write. Look at a range of writing styles and genres, before breaking free to write. This is your chance to pick up a pen and get creative.
- Journalism - Report on challenge week activities and events for a one-off school newspaper. Get out and about interviewing and taking photographs of visitors to the school, and reporting on activities off site too. You can write your own articles and find out how the professionals do it and design the newspaper.
- **Other choices are expected to include opportunities to produce art beyond the classroom, photography, orienteering, learning first aid and drama.**

PLEASE COMPLETE THIS FORM AND RETURN IT TO YOUR CHILD'S TUTOR BEFORE THURSDAY 24th NOVEMBER

STUDENT NAME:

TUTOR GROUP:

1ST CHOICE:

2ND CHOICE:

I understand that when my child is allocated to their activity I will be responsible for the payments:

SIGNATURE:

Please add any additional information that might be helpful during the allocation process.

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