



Plymstock School



Challenge Week

Choices Booklet Year 8 & Year 9

**Monday 9th July -
Friday 13th July 2018**



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 students 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 have 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/student 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 students 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 students' behaviour. Just in case, though, it is necessary to point out that **unacceptable behaviour will result in students 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 students 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 30th 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

Location	Cost
France	£535
Cornwall	£360
Isles of Scilly	£225
PGL (3 days) with choice of 2 challenge days	£240

Daily off-site

Activity	Cost
Fishing	£60
Water sports	£185
Horse Care & Riding	£160
Golf	£80
Surfing	£155
Challenge Day Trips	£120
Skiing	£150
Photography and walking	No charge
All about Wheels	£240

School based

Activity	Cost
Football	£40
Wittertainment Film Week.	No charge
ICT - Game making	No charge
Volleyball and other ball sports	£30
Curriculum Challenge Daily Choice	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 in school.

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

Accommodation at the fantastic Explorers Hotel 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 taking in the spectacular sights of this wonderful city and dinner in a Parisian 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 will be of particular interest to those students who have a keen interest in foreign languages and taking the opportunity to use them in an authentic setting, as well as having a great all-round experience.

Price based on 40 students travelling is approximately £535. 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. Early Monday 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 Monday and evening meal on Thursday) all activities, accommodation and transport.

Extreme Cornwall

Extreme Cornwall offers pupils the opportunity to experience the coast of Cornwall in their most raw and extreme form through a wide range of sports and activities. These include; Surfing, Body Boarding, Stand Up Paddle 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 a hotel which offers en-suite rooms and full board catering. The hotel provides a great social base with indoor and outdoor social areas.

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 Residential & daily choices

This activity has two parts. There is a residential over 2 nights and 3 days at a local Adventure Centre and 2 days of our curriculum challenge daily choice options.

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 a local coarse fishing lake. 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. It involves dinghy sailing, canoeing, stand up paddle boarding, kayaking, hawk 20 sailing & windsurfing supported by trained staff. Students will meet daily at the Mountbatten Centre.

Golf

China Fleet Country Club has fantastic onsite facilities including an 18 hole golf course, 22 bay floodlit driving range, a short course facility and both putting and chipping green. This a wonderful opportunity to learn about and play golf. The typical day would involve driving range Experience and games on the short course, building to tackling 9 holes on the championship course. Equipment is not essential. The week will be suitable to golfers of all levels.

Skiing

This week long activity includes skiing lessons on the slopes for experienced or beginner skiers. So you can be a complete beginner through to an experienced skier; the centre will help you build on your skills. There will also be tobogganing and snow tubing sessions run at the Plymouth Dry Ski Slope Centre.

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 the Eden Project; 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.

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. The beginning of the week will be based in school producing personalised clothing (T-shirt and Hoody) using sublimation printing techniques. The activities during the week will include a visit to a quad centre, an off-road training centre for motorcycles, a visit to a local motorcycle specialist and hopefully a guest speaker. This will be an action packed week developing a variety of practical riding skills as well as an awareness of safety.

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 or more advanced surfers, the qualified instructors will be there to push your surfing to the next level. This year there may be a chance to try out Stand-up Paddle Boarding. Weather permitting, there will be one taster session popular alternative way to surf.

School Based Activities

Sport week - 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. Students 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. Students will then, through discussion and debate, rate and review the film as a group. This week is designed to enhance students' 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 week - 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.

ICT - Animations and Game making

ICT based activities including the opportunity to focus on an area of your choice. Options include stop-frame animation, computer animations and game making or maybe a combination of all three.

Curriculum Challenge Daily Choice

You will choose between a number of activities. And create your own week.

A second booklet will be issued to students in January. They will make their choices from the following (one day off site visits will be available which will incur a charge).

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

- Around the World - Take part in an around the world quiz, games and challenges tasks using computers and sources.
- Fun with words & Numbers - Word & 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.
- Sport journalism - research 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.
- Girls Fashion, Health and Beauty - 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 - Learning about films and gain a wider understanding of how movies are made and the techniques directors use. You will have the opportunity to watch and analyse a 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. 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 AS SOON AS POSSIBLE BEFORE THURSDAY 30th 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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