



**Plymstock School**



# **Challenge Week**

**Choices Booklet  
Year 8 & Year 9**

**Monday 8th July -  
Friday 12th July 2024**



## **ABOUT CHALLENGE WEEK**

Students will choose from a variety of activities that take place beyond the classroom. This week is **NOT OPTIONAL** - normal attendance is expected.

It is important that you return the option sheet promptly.

**Please select a first and second choice.**

## **REQUESTING YOUR ACTIVITY**

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

**It is possible that your second choice will be needed. So please choose this with as much care as your first choice.**

## **PAYMENT**

Payments for all activities need to be paid through Parent Pay. If you have any questions about paying via Parent Pay please contact the school finance department.

**All activities require a non-refundable deposit. We accept instalments for higher cost activities.**

**Payment must be made in full by the end of April 2024.**

## **SPECIAL ARRANGEMENTS FOR THE WEEK**

### **Meals**

Packed lunches for off site activities will be provided if your child normally has a free school meal.

### **Clothing**

Students can wear casual clothes during the week. Extreme styles and jewellery will not be allowed. Information about clothing for the various activities will be provided by the trip leaders nearer the time.

The following residential trips are bookable via deposit payment on Parent Pay from 4pm on Monday 13th November. Please also complete the option form at the back of this booklet - this will help me to keep friendship groups together and manage reserve spaces.

### **Residential to Paris**

Visit Paris and experience the theme parks. Letter explaining details sent via MyEd. Places can be booked via a deposit on Parent Pay.

### **Residential to Extreme Cornwall**

Visit Cornwall for sun sea and surfing. Letter explaining details sent via MyEd. Places can be booked via a deposit on Parent Pay.

### **Residential to Penzance**

Visit Cornwall for sun sea and adventure. Letter explaining details sent via MyEd. Places can be booked via a deposit on Parent Pay.

### **Residential to PGL Barton Hall Torquay**

Students will take part in a range of activities including for example climbing, zip wire, swimming and challenges. Letter explaining details sent via MyEd. Places can be booked via a deposit on Parent Pay.

### **Residential to London**

Visit London. Plus a day at Thorpe park. Letter explaining details sent via MyEd. Places can be booked via a deposit on Parent Pay.

## **Daily Activities and Trips**

### **Active Mix**

Mixed sport - 1 day on site and 4 days off site - Woodlands, off site walk, skateboarding at Prime & swimming at QuayWest.

### **Creative Mix**

A week of activities across a range of skills. Activities will include: Art Photography, Technology, Film & Cooking.

### **Community Reading Project**

Spend the week writing and creating your own children's book to read to children at some of our local primary schools. We will be crafting story sacks and making puppet resources to help tell stories. Then we will share our stories with children in local reception and Year 1 classes. We will be doing some 'Silver Reading' and will be visiting local residential homes to read and share books with the elderly people in our community. This will earn you a *Plymstock Community Citizenship Award*.

### **Dartmoor walks**

Join us for walks on Dartmoor. We will spend time learning about safety procedures on the moors and route planning. We drive onto the moors to complete walks and have a picnic lunch. You will need to be ready for long walks and extreme weather. You will need to bring a picnic & carry enough water to last you all day. There will be nowhere to buy food and drinks on our walks and there will be limited access to toilets.

### **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 be based at school on our 3G pitches and will include a visit to Plymouth Argyle's ground at Home Park.

### **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.

### **Knowledge Mix**

We will spend a week exploring people and places, words and number. With 3 days on site activities. This will also include 2 days off site - Eden Project and Paignton Zoo.

### **Musical Theatre Performance Workshop**

Love Musical Theatre? Then spend the week working on songs from your favourite West End and Broadway musicals. During the week you will learn how a musical is put together, from Les Miserables to Mary Poppins, how actors rehearse and learn lines, develop stamina through warm ups and dance routines and discover how fantastic it can be to create your own musical theatre performance.

### **Rugby**

Enhance your knowledge of Rugby. There will be the opportunity to play a range of different games and formats. The focus will be on game play, theory, officiating and organisation to improve overall performance. The week will be based at school using our rugby field, gym and computers.

### **Ski centre - skiing slope style**

Spend a week at the Plymouth Ski centre learning to ski and snowboard either as a beginner trying a brand new challenge or an experienced skier challenging yourself to improve your skills. All skiing equipment is included and you will also spend après-ski time snow-tubing, tobogganing and dropping in on the Viper Run throughout the week.

### **Surfing**

Learn how to respect the water and learn to surf or further develop your surfing skills whilst working with qualified instructors. A week of sun, 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.

### **Transport**

We will visit nationally recognised museums for collections of Aircraft and Cars. We will also visit local heritage Railway museums to get a behind the scenes look at their role in preserving old engines and rolling stock. Our days may be longer than usual school times.

### **Trips mix**

The week will be spent participating in a variety of activities at various venues which will include physical & mental challenges as well as the opportunity to enjoy the South West tourist sites. Included are a day at the following venues: Eden Project, Paignton Zoo, Woodlands, River Dart and Quay West.

### **Warhammer**

Students would receive an army box from Games Workshop. We would spend the week building, painting and gaming with those armies. We would have one day in the Warhammer Store in Plymouth City Centre where they would run a range of sessions on hobby skills and how to play the games.

### **Water Sports**

Spend the week having fun learning how to stay water safe and take part in a variety of water based activities with specialist trainers. You will experience activities like paddle boarding and dinghy sailing.

### **Wellbeing mix**

Everyone will take part in a few things not tried before in a supported small group environment. Activities offered include: Origami, Board Games, Puzzles, Video Games, Books, Knitting, Painting, Coding, Drawing, Creative Writing, Quizzes, Making Music, Cloud Watching, Cross stitch and Colouring.

### **Costs for activities**

Residential to Paris	£690
Residential to Extreme Cornwall based in Newquay	£475
Residential to Penzance	£450
Residential to London	£650
Residential to PGL Barton Hall	£440
Active mix	£80
Community Reading Project	No charge
Creative mix	No charge
Dartmoor walks	£30
Football	£65
Fishing	£85
Knowledge mix	£50
Musical Theatre	No charge
Rugby	£85
Ski Centre	£210
Surfing	£170
Transport	£110
Trips Mix	£125
Warhammer	£100
Water sports	£230
Wellbeing mix	No charge

## **BEHAVIOUR**

At Plymstock School we have high expectations of the behaviour of our students when off the school premises. We must ensure that students behaviour does not threaten the health or safety of other students, staff or members of the public, that we provide reassurance to members of the public about school care and control over students and thus protect the reputation of the school and to provide protection to individual staff from harmful conduct by students of the school when not on the school site.

Where a student does not behave to the standards and expectations outlined above, Plymstock School reserves the right to remove any student from an activity being held off school site (including day trips and residential). Furthermore, where behaviour consistently falls below the standards and expectations within school, Plymstock School will remove the students from any planned activity, day trips, educational visit or residential. In such cases, we cannot guarantee that a refund will be provided.

## **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 (Educational Visits Co-ordinator) who have overview of all the activities and risk assessments.

**PLEASE COMPLETE THIS FORM AND RETURN IT TO YOUR TUTOR AS SOON AS POSSIBLE BEFORE Friday 24th November. Or email requests to Mrs Wilkins [twilkins@plymstockschool.org.uk](mailto:twilkins@plymstockschool.org.uk)**

**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.**

**PARENT / GUARDIAN SIGNATURE and EMAIL**

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

**Any students you would like to be with for the week if possible (Maximum of 2 please)**

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