



BOURNE ABBEY C OF E PRIMARY ACADEMY
20th - 22nd March 2024
FINAL ACTIVITY LIST

Abseiling

The tower is over 10 metres high. The task - to walk backwards off the top, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.

Aeroball

A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing player's net. As well as being lots of fun, the group will develop team tactics and improve communication skills along the way.

Archery

Archery sessions offer the chance for every pupil to experience success. Accuracy, control and a steady hand are vital for achieving the best results and many children discover a talent for a new skill. Handling bows and arrows may be a brand new experience for the group and presents a variety of new challenges! PGL encourage safety awareness from the outset and teach the basic skills on an indoor or outdoor range.

Fencing

Fencing is a great workout for both body and brain. It's challenging, exciting and involves good eye-to-hand coordination, fast footwork, lightning reflexes and even quicker decision-making. It's a sport that offers huge potential for the enthusiast to learn more and progress at club level, but it's also great fun for beginners too. The qualified instructors will teach our group the basic principles and safety procedures before they progress onto outwitting their opponent in this great Olympic sport.

Micro Scooters

Children will hop on the Micros Scooters and whizz around with friends as part of this action-packed activity session. Groups will be shown how to manoeuvre safely as they spend time getting comfortable with their scooter, before participating in a series of exciting team games and challenges to develop confidence and competence - along with those all-important coordination skills!

Giant Swing

The ultimate test of nerve and joint decision-making. Two or three of the children are harnessed into the swing, while other members of the group haul them up to 10 metres into the air. After the group in the swing decide together how high they want to go, a pull on the ripcord will send them plummeting earthward. It's a fast and exhilarating drop, but good communication will get the right balance between fear and fun!

Sensory Trail

The sensory trail is a challenge in more ways than one. During the activity pupils will negotiate a series of obstacles - blindfolded - with the other members of their group for guidance. It's a challenge, which raises questions about our abilities and assumptions, and demands mutual trust, self-belief, and effective communication to complete the course successfully.

Zip Wire

Once at the top of the zip wire platform, pupils are securely attached to the overhead wire before making their flight across the sky! Their route may take them through a forest or even over a lake. It's a hugely exhilarating experience that requires personal challenge and determination. It's also a chance for the rest of the group to offer support and encouragement.