



Session objectives and Learning outcomes

Activity	Objective	Prescribed learning outcomes
Kayaking	One participant per boat. Basic paddling skills; Forward and backwards, stopping and turning. Gain confidence by playing games.	<u>Skill/ Problem Solving</u> : Can paddle a straight line over 50 metres. Can turn. <u>Team work</u> ; Stopping strokes used to avoid collisions with others. <u>Confidence</u> ; Capsize: Awaits instructions in water.
Raft Building	Build a raft capable of carrying participants to an objective and back to launch point with games and race options whilst afloat	<u>Skill/Problem Solving</u> ; various knots learned, stable raft built, basic paddling technique. <u>Team work/ Confidence</u> : Raft paddled to a set goal and back. Any participants falling in recovered by team mates.
Crate Stack	Team Challenge exercise to build high stable tower with crates. 2 team members remain on top throughout the build.	<u>Skill</u> : Balance and coordination. Belaying techniques. Construction. <u>Team work</u> : Group encourage and support each other. Communicate to pass crates up tower. Climbers and belayers communicate tightness of safety rope to enable builder's free range of movement on top of tower. <u>Problem Solving</u> : Crate structure built. <u>Confidence</u> : Trust developed in rope and belayers. Fear of heights challenged.
Archery	To learn enough techniques in order to hit the target with reasonable accuracy and strength. Have the satisfaction of seeing scoring improve over the session. Team scoring games may also be introduced.	<u>Skill</u> : Correct technique including aiming to score hits. <u>Confidence</u> : Self-belief/ worth as ability level increases throughout session.
Rifle Shooting	Participants will learn parts of the rifle, aiming and shooting technique. Practise shooting at various distances. Games may be introduced later in the session.	<u>Skill</u> : Correct technique for aiming and shooting. Grouping shots together. <u>Confidence</u> : Self-belief as ability level increases throughout sessions
Team Challenge and Woodland Challenges	A group of up to 12 participants involved in a series of problem solving activities. The aim is to complete at least 6 challenges.	<u>Skill</u> : Balance, coordination. <u>Team Work</u> : Having fun together as a team. Learning from each task to improve performance in the next. <u>Problem solving</u> : Complete various games and problems. <u>Confidence</u> : Building a level of mutual team trust.

Bushcraft	To learn basic bushcraft skills, including woodwork, fire lighting, shelter building, natural cordage and water purification.	<u>Skill</u> : Self-discipline and awareness. Team work: Cooperation. <u>Problem Solving</u> : Fire lighting, shelter building. <u>Confidence</u> : Awareness of the individual, the group and the environment.
Laser Tag	Two teams go against each other to get the other team out using laser guns. Multiple challenges can be completed.	<u>Skill</u> : Coordination <u>Team Work/ Problem Solving</u> : Having fun as a team and communicating the best strategy to get the other team out. Being aware at all times, looking out for each other.