

# Sample Programme Selections

## Information on Activities and Outdoor Pursuits

Your programme can be full and active or with fewer activities and slower if you wish.

The programme is written specifically for your group and depends very much on the age of the participants, their abilities and concentration levels and whether the party leader wants to have activities off site or not.

The activity list is divided into various categories and leaders can choose a mix of , for example, team building and multi activity or environmental and multi activity etc.

Activities can last from 30 minutes to two or three hours.

Please see sample programmes enclosed which will give you some idea.

Climbing: 25ft & 45ft climbing wall	Participants perform various climbs up purpose built walls
Team Challenge	Same as team games but include form of challenge i.e. team against team, time trial etc
Assault Course*	Nets, balance beams, swinging bridges, etc.
Search & Rescue*	Various tasks undertaken day or night on centre. Person / item is hidden and team must follow clues to find and rescue person / object – various scenarios
Nightline	Follow through the trail blindfolded.
Team Games	See Current list
Log Roll	Stand on log in the water, how long can you stay on, individual , pairs, groups etc
Raft Building	Build a raft with barrels, rope and poles. Paddle across the lake and retrieve your bounty.
Archery	Participants fire arrows at targets using professional bows and arrows
Crazy Golf	Participants use a putter and ball around a 9 hole course, lowest number of strokes wins.
Giant catapult*	Teams use elastic rope to make giant catapult and launch missile (Ball or other object) greatest distance wins
Circus Skills	Juggling, unicycle, Hoopla Hoops, Diabolo
Swimming	Pool session
Air Rifles	Air rifle shooting, indoor range and target shooting
Orienteering	Set of maps – participants must find specific places on centre using maps and references.
Crate Stack	Teams build the highest stack of crates, one person stays on top to build the tower whilst other pass crates up.
Spiders Web	Rope net imitating a spiders web, teams must pass through the web without touching the ropes
River Crossing	Plan to reach safety and cross the river using only natural materials or getting items across water. Using A frames, ropes etc.
Water Sports	Range of activities that can be done in either the lake or pool. Lake, rafts, logs, team games, etc – pool Canoe capsize, swimming gala races, pool games, polo etc
Giant games	Chess, Draughts etc
Bungee Bounce**	Participants are harnessed in to elastic ropes – either vertical using a trampoline “Bounce” or bungee run type on slippery surface.
Traverse Wall	Participants perform various climbs traversing purpose built walls
Kayaking	Participants sit in kayak and paddle in lake
Problem Solving	Teams are presented with a variety of problem solving tasks.
Body Boarding	Participants slide (body board) on a slippery surface.
Egg Drop	Construct a protective device from natural materials to allow an egg to plummet without breaking.
Great Wall	Get a group over the wall - No ladders
Twilight Zone	A range of evening activities, Disco, Karaoke, Movies etc. + large team type event, quiz, race, ball games etc