

Activity Days for schools and groups visiting the Jarman Centre provided by Abbeycroft Leisure

Book a day and choose 4 of these activities for groups of up to 15 to rotate around for the basic cost of **£280 per group**. This cost is reduced to £230 per group if there are 4 groups (60 children) or more.



Energizers Short high energy games and tasks to break the ice and get the group warmed up for the day.	Bug Hunt Research and investigation into wildlife and insects in our woodland.	Camp Cooking Using fire to cook tasty treats or bread
Fire Lighting Teaching the skills of making fire without matches and lighters. Either using Kelly Kettles to boil water and make hot chocolate, or as a race to see which team can build a fire first.	Archery or Soft Archery Sessions will include key skills, coaching, games and competitions	Shelter Building Building shelters from natural materials gathered in our woodland
Bottle Rockets Teams design and build bottle rockets to see who can get the highest and furthest.	Catapult Building Team building activity where groups have to build catapults to either shoot their eggs the furthest or knock down a target in a set time.	Photo Scavenger Hunt Using cameras teams must collect and complete all the tasks given recording everything on the camera provided.
Orienteering High paced navigation challenge using maps.	Geocaching High paced navigation challenge using GPS.	Flag Painting Groups work together to design and paint large flags, fun and messy.
Dodge Ball Fun and engaging for all. Played outside.	Team Challenges Team building activities and challenges. from very simple mind problems to complicated building projects.	Team Games Large group games, high energy and high fun.

Choose one or more of these below for an additional charge.

Climbing Wall	Birds and Beyond	Combat Archery
A 7.3m mobile climbing wall with 4	Make some new feathered friends	A mix of archery and dodge ball!
faces and auto belay system. Can be	with Birds and Beyond. Get close and	Wearing face masks and using foam-
modified to teach traditional belaying	personal with birds of prey, including	tipped arrows, teams work together
techniques using climbing ropes.	owls and hawks. Learn all about them,	to literally shoot at their opponents to
Promoting teamwork, trust and	watch them fly and get your students	knock them out of the game. High
looking after each other's safety and	holding and handling the beautiful	energy and huge amounts of fun!
wellbeing.	creatures.	
Mountain Biking	Axe and Knife Throwing	It's a Knock Out
A skills course set up on the	A technical and rewarding activity.	A great session to end the day. All the
campsites and in the woodland,	Learn how to handle safely and use	teams compete against each other in
using a fleet of mountain bikes of	throwing axes and throwing knives.	fun challenges to win points.
various sizes. Height restrictions may	Developing hand eye coordination,	
apply.	concentration and accuracy. 8 years	
	and over	

Contact Abbeycroft Leisure direct to sort out and agree details of your day and the cost. Please note that they require payment in advance direct to them.

Contact Abbeycroft Leisure: Email: <u>exploreoutdoor@acleisure.com</u> Phone: 07983 918318 Contact the Jarman Centre: Email: <u>admin@jarmancentre.org.uk</u>