

School: **Example Programme – KS3**
Dates of booking: **2 night/3 day trip**

Arrival Time: 10:00
Departure Time: 2:15pm

No. of Male students:
No. of Female Students:
Age Range:
No. of Male Teachers:
No. of Female Teachers:

ACTIVITY PROGRAMME AND MEALS

Day 1

Time	Activity	Group	Meals
10:30-1:00	Arrival/Camp Welcome/Icebreakers	All	
1:00-2:00	Lunch	All	Packed Lunch (children to bring)
2:00-5:00	Wild Survivor Bushcraft	Group 1/2	
2:00-3:00	Cresta Run Toboggans	Group 3/4	
3:00-4:00	Archery/Climbing	Group 3/4	
4:00-5:00	Climbing/Archery	Group 3/4	
2:00-3:00	Games	Group 5/6	
3:00-4:00	High Ropes/Pot-holing	Group 5/6	
4:00-5:00	Pot-holing/High Ropes	Group 5/6	
5:00-5:45	Wash/Chill-out	All	
	Dinner	All	Chicken fajitas/vegetarian chilli, sweetcorn, rice and tortilla chips. Chocolate sponge and custard.
6:00-7:00			
7:00-8:15	Evening Games	All	
8:15-9:00	Camp circle	All	Hot chocolate and biscuits

Day 2

Time	Activity	Group	Meals
8:30-9:30	Breakfast	All	Breakfast bar/Sausage and spaghetti hoops
10:00-1:00	Wild Survivor Bushcraft	Group 3/4	
10:00-12:00	Team-building	Group 5/6	

ACTIVITY PROGRAMME AND MEALS

Day 2 (Cont)

Time	Activity	Group	Meals
10:00-11:00	Archery/High Ropes	Group 1/2	
11:00-12:00	High Ropes/Archery	Group 1/2	
12:00-1:00	Games	Group 1/2	
12:00-1:00	Cresta Run Toboggans	Group 5/6	
1:00-2:00	Lunch	All	Cheese & Tomato pizza, saute potatoes and salad. Cake/fresh fruit
2:00-3:00	Archery/Climbing	Group 5/6	
3:00-4:00	Climbing/Archery	Group 5/6	
2:00-3:00	High Ropes/Pot-holing	Group 3/4	
3:00-4:00	Pot-holing/High Ropes	Group 3/4	
4:00-5:00	Games	Group 3/4	
2:00-4:00	Team-building	Group 1/2	
4:00-5:00	Cresta Run Toboggans	Group 1/2	
6:00-7:00	Dinner	All	Bolognese pasta bake, garlic bread, salad, lemon sponge and icecream
7:00-9:00	Night walk to camp circle	All	Hot chocolate and biscuits

Day 3

Time	Activity	Group	Meals
8:30–9:30	Tent Pack-up/Breakfast	All	Breakfast bar and morning pastry selection
10:00-1:00	Wild Survivor Bushcraft	Group 5/6	
10:00-12:00	Team-building	Group 3/4	
10:00-11:00	Climbing/potholing	Group 1/2	
11:00-12:00	Pot-holing/Climbing	Group 1/2	
1:00-2:00	Lunch/Depart	All	Filled baguettes/crisps, biscuits, cake, fruit

