

exploRE RESIDENTIAL

THE ADVENTURE THAT CHANGES A LIFETIME

Overview

Pioneer Centre has developed a new residential experience for schools in conjunction with ‘exploRE’ curriculum material. The ‘exploRE’ residential is suitable for KS3 students as part of wider enrichment activities. It facilitates students’ personal development towards becoming ‘**successful learners, confident individuals and responsible citizens**’ through engaging and succeeding in individual and team-based **outdoor activities**, as well as **interactive, multi-media workshops** on a range of challenging issues impacting students’ lives today.

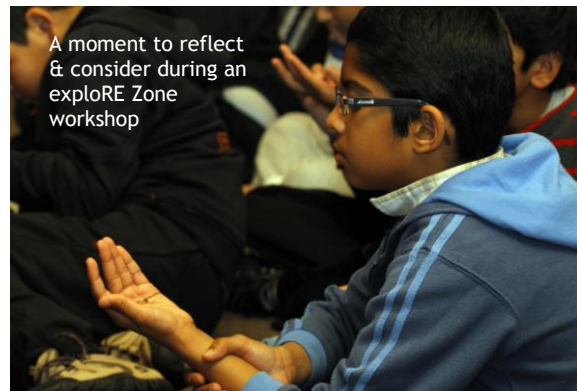
Teachers at Handsworth Grammar said of their ‘exploRE:residential’...

“While the adventure activities provide regular fodder for the pupils muscles and heart (fitness and courage!), the Zone workshops provided food for their mind and soul.”

“They Zone workshops sow seeds that may take root later in life . . .”

“I thought the Zone was especially worthwhile”

“The Zones were very well planned and delivered”



Through facilitating such activities and workshops, the residential meets a number of objectives across core curriculum areas:

Personal development/Enrichment: We aim to

- Build confidence and sense of achievement in each student
- Encourage participation
- Develop key skills such as teamwork and problem solving
- Give students a great time learning outside the classroom
- Raise students’ aspirations

Personal, learning and thinking skills: We give opportunity for students to build on their capacity for becoming independent enquirers, team workers and effective participants.

PSHE: We aim to support the Personal Wellbeing aspects of the curriculum; in particular through

- Encouraging students to explore their sense of identity and value
- Helping students explore their own emotional well-being and the way they manage their emotions
- Encouraging students to make positive life choices, stemming from their own critical reflection of their values and ambitions
- Facilitating reflection on students' relationships with others and their place in their communities

The residential also supports the **healthy lifestyles dimension** to learning:

- **Physically**, by giving students the opportunity to experience new adventure activities and sports;
- **Socially**, by facilitating an experience which will draw young people into closer relationships with each other and the wider school community
- **Spiritually**, as the **spiritual and moral development** of students provides a firm foundation upon which every experience of the residential is built.



The Programme

The programme offers the **core components** of a Pioneer Centre adventure activity package. This can include...

- High ropes
- Big Bounce
- Archery
- Abseiling
- Climbing
- Caving
- Night Walk
- Making beds - transferable skills
- And much more



There are also specific team building exercises to encourage participation and working together.

In addition to this, there are **interactive, multimedia workshops (or Zones as they are called)** on the theme of '**exploRE: Freedom**'. Through each 90-minute Zone, students investigate some of the different life experiences that

have the potential to impact on their **physical, emotional and spiritual well-being**. The Zones cover topics such as:



Hot under the collar: *How do I manage my emotions? What is the best way of staying emotionally healthy?*

Holding onto hurt: *What makes forgiveness so difficult? How can I learn to forgive?*

I want it now! *What makes a fulfilling life? Is there more to it than ‘nice stuff now’?*

Feedback from pupils during their stay, when asked to recall a situation which made them emotional and to think about how they would deal with a similar situation now, included...

“I felt miserable when I moved from Primary School to Secondary School. To help I can now stay calm and be organised.”

“When I feel stressed and angry I can now think on the plus side and count to 10”

“When I had come back from my 11+ exams my little sister kept annoying me so I started shouting at her. Now I would say sorry and try to not get angry again.”

“If I get angry now, I can punch a pillow and not a man.”

During the schools stay, to gain maximum benefit, we encourage teachers to explore some of the issues raised in the Zones with each of their small group of students

In practice, the ‘exploRE’ residential typically runs as follows:

	Day 1	Day 2	Day 3
9:30 - 11:00	...	Activities/Zone 2	Activities
11:30 - 1:00	Arrival	Zone 2/Activities	Activities
2:00 - 3:30	Activities/Zone 1	Activities/Zone 3	Departure
4:00 - 5:30	Zone 1/Activities	Zone 3/Activities	...
7:30 - 9:00	Camp Fire*/Night Walk	Night Walk/Camp Fire*	...

(* or Disco)

Breaks for tuck, lunch and dinner fall in between sessions. Breakfast, lunch and dinner are included in the cost.

In the evening, Pioneer Instructors, accompanied by YFC staff, host a disco or campfire experience and nightwalk.

The Cost

Feb 9th - 11th 2011 £80
Mar 21st - 23rd 2011 £90
May 4th - 6th 2011 £115
Nov 14th - 16th 2011 £80

All prices must have VAT added at the rate current on the date of the stay and are per person. Places are limited to 220 per event.

Schools also receive one free place for every 10 paying places. Pioneer Centre expects a teacher/pupil ratio of at least 1:12.

For information on bookings or Pioneer Centre please contact...

Bev Pearce, Sales Development Coordinator
Pioneer Activity Centre, Cleobury Mortimer, Shropshire, DY14 8JG
t: 01299 271217 or e: enquiries@pioneercentre.org.uk

For information on PSHE elements of the programme please contact...

Rachel Noyce, Schools Resource Manager
YFC, Coombswood Way, Halesowen, West Midlands, B62 8BH
t: 07825 895080 or e: rachel.noyce@yfc.co.uk



Adventures that change a lifetime... Oct 18th 2010