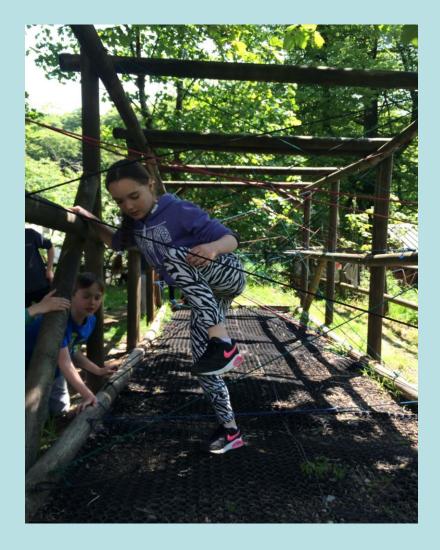




Tuesday	Cereals, Yoghurt or Fruit Salad Sausages, Baked Beans & Hash Browns Toast & Jam Orange Juice Tea	Sandwich Choice: Variety of Fillings Crisps Piece of Fruit Cake/Biscuit Drink	Spaghetti Bolognaise Sweet and Sour Chicken Spinach & Ricotta Cannelloni Jacket Potato, Cheese or Tuna Mayo & Salad Chocolate Sponge & Custard Fruit Salad in Jelly or Yoghurt
Wednesd ay	Cereals, Yoghurt or Fruit Salad Scrambled Eggs or Spaghetti Hoops on Toast Toast & Jam Orange Juice Tea	Sandwich Choice: Variety of Fillings Crisps Piece of Fruit Cake/Biscuit Drink	Fish, Chips and Peas Traditional Lasagne Jacket Potato, Cheese & Beans Cheese & Tomato Quiche & Salad Cheese Cake, Yoghurt or Jam Doughnut

Monday	Tuesday	Wednesday	Thursday	Friday		
35 + 3/4	Duty Group 8am 8.15am Breakfast	Duty Group 8am 8.15am Breakfast	Duty Group 8am 8.15am Breakfast	Duty Group 8am 8.15am Breakfast		
Grp A	Dorm inspection 10am Combined classes Split into 3 groups Grp 1 Barle Valley River Walk/ River Study Grp 2a Indiana Jones Bridge & Zip line Grp 2 b Land Rafting	Dorm inspection 10am Assault course free time	Dorm inspection Big Sheep & UCA 9.15am departure The Big Sheep Riddlets booked for coach	Packing. Dorm inspection 10am  Parachute Games		
	Grp 3a Up & Over Wall/Traverse Gp 3b Camp craft whittling & Mini fires		UCA booked			
		Break 10.30 - 10.45	Break	Break 10.30 – 10.45am		
Arrive at SHOC 11.30am Unload bags into rooms Welcome tour/Unpack make beds	Grp 1 Barle Valley River Walk/ River Study Grp 2b Indiana Jones Bridge & Zip line Grp 2a Land Rafting Grp 3b Up & Over Wall/Traverse Grp 3a Camp craft whittling & Mini fires	A1- Archery A2 - Gladiator Challenge and Zig Zag A3 - Stream Scramble		'Andy Goldsworthy' outdoor art activity		
Lunch 12.30 – 1.30pm	Lunch 12.00 – 12.45pm	Lunch 12.30 – 1.30pm	Lunch 1 – 1.30pm	Lunch 12 – 1pm		
Simonsbath House Team Challenge 4 teams	Grp 3 Barle Valley River Walk/ River Study Grp 1a Indiana Jones Bridge & Zip line Grp 1b Land Rafting Grp 2a Up & Over Wall/Traverse Gp, 2b Camp craft whittling & Mini fires 1.45pm Grp 3 Barle Valley River Walk/ River Study Grp 1b Indiana Jones Bridge & Zip line Grp 1a Land Rafting Grp 2b Up & Over Wall/Traverse Gp, 2a Camp craft whittling & Mini fires	A3- Archery A1 - Gladiator Challenge and Zig Zag A2 - Stream Scramble	1.30pm Water based Assault course  Depart 4.30pm			
Break 3 – 3.30pm	Break 2.45 – 3pm	Break 3.15 – 3.30pm	Break			
Grp1 - Assault course challenge Grp 2 - Drumming & Percussion Workshop 4.15pm Grp1 - Drumming & Percussion Workshop Grp 2 - Assault Course Challenge 5pm Duty Group 5.45pm	Grp 2 Barle Valley River Walk/ River Study Grp 3a Indiana Jones Bridge & Zip line Grp 3b Land Rafting Grp 1a Up & Over Wall/Traverse Gp 1b Camp craft whittling & Mini fires 4pm Grp 2 Barle Valley River Walk/ River Study Grp 3b Indiana Jones Bridge & Zip line Grp 3a Land Rafting Grp 1b Up & Over Wall/Traverse Gp 1a Camp craft whittling & Mini fires Duty Group 5.45pm	A1- Archery A2 - Gladiator Challenge and Zig Zag A3 - Stream Scramble  Group 5.15pm	5pm Grp A Pick up from Big Sheep  Duty Group 5.45pm			
Evening meal 6pm	Evening meal 6pm	Evening meal 6pm	Evening meal 6pm			
7.15pm Shelter Building 8.30pm – 9.00pm Hot chocolate 9.30pm Lights out	7.15pm Stream/Woodland Walk 8.30pm – 9.00pm Hot chocolate 9.30pm Lights out	7.15pm Rounders/ on meadow 8.30pm - 9.00pm Hot chocolate 9.30pm Lights out	7.15pm Orienteering 8.30pm – 9.00pm Hot chocolate /packing 9.30pm Lights out	Activate Windows		



Simonsbath house team challenge



Camp craft





Assault course Land rafting



Stream scramble

## Cycling:

Unable to ride a bike  $\Box$ 

Low confidence, weak cyclist, never been off road □

High confidence, strong cyclist on road and some off road experience  $\ \square$ 





Gladiator challenge

Shelter building

## Possible activity - Surfing at Croyde Bay







