

Multi Activity Day

Can also be used for Transition days, Reward Days, Teambuilding

School groups of up to 30 pupils Key stage 2 and above can take part in our 1 day **Activity Package** choosing 3 activities including at least one self-programmed activity of **Problem Solving, Traversing Wall, or on-site Orienteering.**

Staff will need to book our free in-house training if they have not run these with us before.

Instructed activities include **Canoeing, Rafted Canoeing, Bellboating, Kayaking, Raft Building, Biking, Indoor Cave, Bushcraft.**

Most of these activities can be run for 10 pupils with one instructor. For groups choosing to canoe/rafted canoe or kayak we provide free on water training for staff so they can come on the water with their group (unaccompanied group ratio 1:8)

A room is provided for the day, just bring a packed lunch, drinks and a change of clothes.
Cost: £185 with one instructor, £370 with 2 instructors

LINKS TO THE NATIONAL CURRICULUM

We offer activities that link to the national curriculum. Sessions available from 1 hour





Benefits of regular visits: Schools that visit us weekly throughout the year report significant pupil improvement in areas such as attention, language development and attendance. We are completely flexible, any combination of times and activities available.

Start Paddling: Watersports for Secondary Schools.

Have Fun, Learn paddling skills and achieve NGB awards

Paddlepower Start Award for a minimum of 2 hours **Canoe** and **Kayak** sessions.

Paddlepower Discover 8 hours **Canoe** and **Kayak**

Or try Rafted canoe or Bellboat, Raft Building, Stand Up Paddle Boarding for a really wet experience.



WANT TO KEEP DRY BUT ACTIVE?

We are open all year for ON LAND activities:

Off Road Biking on site, on trails and in schools – Get pupils cycling before their bikeability training, improve confidence. Bikes with gears, helmets and gloves provided.

Soft Archery indoors or out

Climbing at a local indoor wall or offsite

Indoor Cave – never wet!

Bushcraft within Yeadon Tarn (Tarnfield) Park

Problem solving challenges or Orienteering – (Self programmable with our free training) at £35 per hour

GCSE /BTEC We can assist with the theoretical and practical delivery and assessment. We can deliver the Orienteering, Climbing, Canoeing, Kayaking and Rowing modules in GCSE and BTEC P.E. We will work with you on identifying sports where students can achieve the best grades.

FREE TEACHER TASTERS

Staff can pre-book to come up and have a taster on water free of charge after school on Thursdays during term time. Try out **Canoeing, Kayaking, Stand Up Paddleboarding.**

Email sailingcentre@leeds.gov.uk



SCHOOL HOLIDAYS/AFTER SCHOOL CLUBS All our activities are available either after school or Saturday mornings and during school holidays for pupils.

Contact us on 0113 378 1271 or email sailingcentre@leeds.gov.uk

For more information see www.leeds.gov.uk/sailingcentre