

## Survival/Backwoods Cooking

The group is taught to survive with basic bushcraft skills, including fire lighting, shelter building and cooking over a campfire. Suitable for up to 30 at a time, and can be tailored to last for a full day or for a morning or afternoon session. Teaching resilience, responsible behaviors and encouraging active risk assessments and leadership within the group, its a brilliant activity to bring groups together and promote collaboration.

## Archery

The group is taught the basic skills of archery, are coached to improve their technique, and play various individual or team games. Suitable for up to 16 at a time, this activity will take a whole morning session, or most of an afternoon session. With a focus on personal goals and celebrating achievements, each group member gets tailored coaching based at their skill level to make sure that they see improvements and build their self-esteem throughout the session.

## Orienteering

The group is given a map and challenged to find various control points, all contained within the grounds of the centre. Suitable for up to 20 at a time, it can be tailored to run between an hour or a morning or most of an afternoon session. Effective communication is essential throughout this challenge, as is negotiation and compromise. Responsibility and risk assessing are also reinforced when the groups are let loose round the centre.

## Hill Fort Walk

A full day activity involving a 5 mile walk, with various interesting and informative stops along the way, including visits to our fossil hunting field, and the Iron Age Hill Fort. Suitable for a whole group. Requiring individuals to show their resilience with some challenging hills and often some equally challenging weather, the Hill Fort Walk is also a perfect chance to put active listening to good use, with talks along the way testing pupils previous knowledge and building it further.

## Stream Dipping

Run at a local stream, the group is tasked with finding, identifying and reintroducing various different stream based animals. Can be run alongside the Kennet and Avon Canal Walk. Suitable for a whole group. Revolving round active listening, this activity promotes environmental responsibility, giving young people a new understanding of the ecosystems around us.

## Kennet & Avon Canal/Windmill Walk

A full day's 5 mile walk alongside the Kennet and Avon Canal, learning some of its history and how the infrastructure works. Can be extended by a mile to include a guided tour of the local windmill. Suitable for a whole group. With a focus on resilience and active listening, the group learn about the historical influences on the land through a selection of talks testing their previous knowledge and building from what they've learned in the past.

## Climbing Wall

The group are challenged to reach the top of the Oxenwood Climbing Wall. Four people can climb at a time, making this activity suitable for a whole group. This activity can be tailored to run from an hour to a full morning or afternoon session. Another Challenge by Choice activity with excellent visual representation of the Goal Setting and Achievement process. With group members watching an encouraging its also a perfect example of the soft skills and Empathy that can be developed during Outdoor Activities.

## Canoes

Run at the local canal, this activity is suitable for up to 16 over 8s at a time, this activity will take a whole morning session, or most of an afternoon session. The group learns basic Canoe handling skills in partners or small groups and is challenged to paddle for a short journey, involving games and challenges along the way. Spare clothes and a towel are required.

Compromise and collaboration are two very important key skills for success during our Canoe sessions. With groups being encouraged to communicate with each other effectively, the effects of group members on their team will become apparent very quickly on the water!

## Mixed Craft Watersports

Run at the local canal, this activity is suitable for up to 16 over 8s at a time, this activity will take a whole morning session, or most of an afternoon session. Using a mixture of Open Canoes, Kayaks, Stand Up Paddle Boards and some elements of Raft Building, the group gets to experience a range of different craft, paddled both solo or in small groups. Spare clothes and a towel are required. A perfect challenge for setting individual goals, and identifying personal strengths and weaknesses, we aim to provide coaching on an individual level to ensure that everyone comes out seeing improvements and with a good boost to their self-esteem.

## Kayak

Run at the local canal, this activity is suitable for up to 16 over 8s at a time, this activity will take a whole morning session, or most of an afternoon session. The group learns basic Kayak handling skills, paddling solo, but learning in small teams, and are challenged to paddle for a short journey, involving games and challenges along the way. Spare clothes and a towel are required.

With a perfect chance for peer-to-peer learning and constructive communication between participants, along with a need for a level of resilience, kayaking is another great confidence booster.

## Raft Build

Run at the local canal, this activity is suitable for up to 16 over 8s at a time, this activity will take a whole morning session, or most of an afternoon session. The group is challenged to design and build a raft in small groups. They are then challenged to paddle for a short journey, involving games and challenges along the way. Spare clothes and a towel are required.

Raft Build provides a real focus on critical thinking, with designs having to be discussed, compromises made, ideas constructively challenged and all risk assessed. And all before they even get on the water!

## Stand Up Paddle Boarding

Run at the local canal, this activity is suitable for groups of up to 6 only and will take a whole morning or afternoon session. The group learns basic SUP handling skills, takes part in a short journey and plays some games and challenges along the way. Spare clothes and a towel are required.

With progressive session content, this is a perfect session for goal setting and achieving. With participants being able to decide their own comfort levels and set their own goals.

## Air Rifles

The group learn to shoot either indoors or outdoors, with 4 shooting at a time. We have the facilities to work with less able and visually impaired students. This activity will take a whole morning session, or most of an afternoon session. Suitable for up to 15 at a time.

Personal goals and development play a large role in a Rifle session, with personalised coaching helping people achieve their own goals and develop their skills as much as possible.

## Problem Solving

The group is split into smaller teams and given challenges designed to promote teamwork, communication and critical thinking. Suitable as a whole group activity. This activity can be tailored to run from an hour to a full morning or afternoon session.

With challenges designed to test groups effective communication, compromise, constructive criticism and active listening skills, Problem Solving is a challenge that every group can see the benefits of taking part in.

## Fencing

The group learn the basic skills of fencing, using plastic Midi Fence kit for the younger groups, and full metal equipment for older and more able groups. This activity will take a whole morning session, or most of an afternoon session. Suitable for up to 15 at a time.

With the group being split into 2 fencing details, there is an excellent chance for constructive feedback and peer to peer review and learning between bouts.

## Shelter Building

The group will be led to our woodland area, and are tasked with building shelters to accommodate the small group they are working in. Suitable for a whole group, this activity will take a full morning or most of an afternoon session.

With groups being challenged to work constructively together, compromising on ideas and managing setbacks, there are a wide range of teamwork outcomes and real world effects that can be seen in action during this session.

## Woodland Art

The group are taken to our woodland area, and are challenged to make some form of art from the resources they can find around them. A great way to bring out a groups creativity, and a great way to get young people interacting with the natural world around them. Suitable for whole groups. This activity will take a full morning or afternoon session and goes to promote collaboration, creative thinking, and outcome planning.

## MiniBeast Hunting

Run in our woodland area, the group is challenged to find as many MiniBeasts as possible, and is shown various ways to find, observe and identify them. Suitable for a whole group, it will take up a whole morning or most of an afternoon session.

## History Days

A full days activities based around the history topic of your choice, with fully tailored days to each time period. We regularly run Viking and Anglo Saxon, Medieval and Knights, Roman, and WWII days, and have provisions to run many more. Please inquire for more details, as each day is built bespoke to the needs of the school.

With days tailored around your topic and learning outcomes, we work to promote active listening, pulling out previous knowledge and building on that base. With various themed activities built into a bespoke programme, we can provide activities that not only fit your topic but also hit your wider learning objectives and outcomes.

## Long Shot Archery

Using blunted arrows and lower powered bows, Long Shot is a safer Archery alternative, which can be run with larger groups. With targets being much further away, and using regimented shooting details, it puts a new swing on Archery. Suitable for groups of 20. This activity can be tailored to run from an hour to a full morning or afternoon session.

Personal Goal setting and personal improvements are the main aims for this session, with measurable goals and improvements leading to a confidence boost and skills gain.

## Indoor Problem Solving

A scaled down version of our Outdoor Problem Solving activity for when the weather is too bad to keep groups outside. The group is split into smaller teams and given challenges designed to promote teamwork, communication and critical thinking. Suitable as a whole group activity. This activity can be tailored to run from an hour to a full morning or afternoon session

Critical thinking is a must for problem solving, as is effective communication, conflict resolution, respectful and constructive feedback within the group.

## Mountain Biking

The group are given a Helmet, Gloves and a bike each and are lead round a guided Mountain Bike ride around the local area. Some road riding will be included. Suitable for up to 16 over 10s at a time, it will take a full morning or most of an afternoon session.

With routes that are customisable during the course of the session, Mountain Biking is a true Challenge By Choice activity, with the group working together to compromise on a route that is accepted by all.

## Mountain Bike Development Course

Run on our field, the group receive coaching to improve their skills on a bike, using a skills course which is customisable to the skills of the group, from those unable to ride, through to riding jumps and major obstacles. Suitable for up to 20 at a time, it will take a full morning or most of an afternoon session.

With a wide range of challenging obstacles available the group can work to their individual skill levels, and can take part in peer to peer learning to make use of preexisting skills within the group. With coaching tailored from non-riding level through to advanced trail features, there is scope for everyone to reach their own goals.

## Pioneering

The group will be given building materials, and are tasked to build a structure to complete a challenge. This could be to bridge across an area, form some kind of structure or building, or anything in between. This activity will take a full morning or most of an afternoon session.

Critical thinking, risk assessment and cooperation are among many of the learning outcomes displayed during a pioneering challenge. With many groups needing to step back and rethink, resilience and constructive criticism are also key.

## Technology Days

A full days activities based around the designing, building, marketing and testing of a new electric vehicle. Models will be built to scale and can vary in complexity dependent on group age or ability. These sessions are suitable for a whole group and will last for a full day.

With groups going from design to prototype very quickly, effective communication, teamwork and creative thinking are vital, and real and documentable progress is shown throughout.

## Evening Activities

### Spooky Alley Walk

A 3 mile walk round the local area, with a focus on the landscape around us. Also taking in "Spooky Alley" and the story that makes it famous in the local area.

Taking groups out of their comfort zones and into nature, often after dark, this session can be a real test of resilience for many young people.

### Oxenwood Challenge

A series of fun team challenges to end the day, while building teamwork and burning off any energy left after a full days activities.

With team games and challenges, this can be a great session to carry on the key skills learned during the day, with effective communication, compromise and assessment of individuals strengths all wrapped up in a light hearted exterior.

### Mini Olympics

A set of team games, races and challenges to end the day, burn off any residual energy and promote team support and communication.

Compromise, identifying strengths within the group and working together will really shine through on this challenge. With the ability to run it as a set of stand alone challenges or as an overall competition, it can be used to highlight a wide range of key skills while still being a fun wind down at the end of the day.

### Construction Challenges

Small teams are set problem solving challenges based around small scale construction challenges, including making devices to save eggs from large drops, bridges to support bricks and many more.

With design, build and testing stages, teamwork, effective communication and critical thinking are all vital during this set of challenges. Groups that think out of the box often do well, and constant review processes can pay dividends.

Many of our full activities can also be run as evening activities, dependant on time of year and size of groups.

Some activities may not be suitable for specific groups because of group size, age or abilities. We will do our best to accomodate all groups and all their choices of activities.

Prices are dependant on group numbers and activity length. Please enquire for more details.

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