

SPORTS, PHYSICAL EDUCATION & ADVENTURE SESSIONS

READY, STEADY, GO... SCIENCE, MATHS, ENGLISH... as well as P.E. many topics can be learned through physical game play. Please talk to us about any specific topic needs and we'll find a fun active way of teaching them!

Who said PE is BORING!!! We hear so many children say PE is boring and don't want to participate. They forget their PE kit and bring sick notes. We want them to be excited, looking forward to their PE lessons and their play time outside. We have a broad range of tried and trusted activities that the children love. Inclusive and interesting for those who are less competitive/skilled at traditional sports. Easy to execute in short period of time, not over complicated, simple set up and our instructors are engaging and encouraging.

** Circus Skills session ** Air Toys session ** Ninja Warrior Assault Course ** Nerf ** Team Games
 ** Catapult making – aiming – firing ** Quidditch (Harry Potter) ** Wide games ** Team Build
 Challenges ** Scavenger Hunt ** Viking Game Kubb ** Exercise ** Fresh Air ** Excitement **
 Tactical Play ** Leadership ** Co-ordination ** Achieving goals **
 Competitive and Non-Competitive Games **



NINJA WARRIOR ASSAULT COURSE The children are set the challenge in two groups to build, design and create an assault course for each other (ropes/cones/nets/ladders) With equipment, resources and a plan they will then be set timed challenges to run the course. Creativity, Stealth, Balance, Teamwork,..

HARRY POTTER QUIDDITCH GAME Each child has a role to play based upon the magical game in the Harry Potter series. Using the equipment provided they will "fly" broomsticks and try to score as a team. There is also the golden snitch, two seekers and keepers to add to the excitements. All about creativity, teamwork and ball skills.

CIRCUS SKILLS SESSION A session created by our in house circus performer Mook Skywalker. We bring a variety of Circus equipment for the children to have a go on and learn some new skills. All about improving hand eye coordination and introducing the children to different concepts of toys to play with and skills to learn. Free play style where the instructors demonstrate how to use each piece of equipment and then engage with the children whilst they use them teaching them how to improve and setting fun challenges for them to aim towards. EG. How many hula's can you get in one go, how high can you throw and catch the diablo etc.

NERF One of the children's top choices this past year, Nerf is a base invasion, tactical team game with adventure, fun and mayhem all in one package. High Energy sessions where the children either play as a team or go it alone for a variety of games. Good sessions to work on their integrity, team work and hand eye coordination.

AIR TOYS SESSION A free play style session with a variety of Air Toys. The instructors demonstrate and use the equipment with the children. A one to one tutorial for those that haven't used some of these more unusual flying toys before. Improves hand eye coordination and a lovely chance for the children to interact and bond with the other children and their instructor in a less structured way.

THE VIKING GAME OF KUBB An ancient Viking lawn game with a great and gruesome backstory! The children work in teams to tactically defeat the other team using their own whittled sticks to try and knock over the opponent's pieces and topple the king. Employs the children to work together, hand eye coordination and logically think whilst having fun.

WIDE GAMES / TEAM GAMES The children learn communication, leadership, get to know their group and experience overcoming challenges together. Discover new friends and learn something about themselves when it comes to teamwork. During points of the activity the instructors will stop and go over with the children what is working and what isn't so they get more of an idea how to approach a challenge together. Minecraft Creeper Game, Space Invader Dodgeball....**workshops**

HOW DO WE RUN OUR SESSIONS?

We can tailor sessions to suit your requirements. Curriculum workshop sessions tend to run for 3 hours across a whole year group. We split the children into groups and circulate the groups around chosen activities. We also offer single lesson plans as a one off or regular weekly session.

We can run our activities on tarmac playgrounds, on school fields or in local parks and from May to October we have our Base Camp farm site in Ditchling, Base camp provides acres of South Downs National parkland on an organic working farm. Fields, woodland, parking for coaches, toilets and vintage marquee lunch setting.

For more information on pricing, availability or if you have another Topic that you'd like us to help you with please email: info@theoutdoorsproject.co.uk with your School, Year Group, number of classes, number of children, topic, suggested dates, suggested location.

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