

## **Well End Activities**

Our activity sessions are for groups of up to 15 young people lasting 1 hour. With activities suitable for 4 years and up.

| ACTIVITIES       | SESSIONS | AGES | OUTCOMES                              | OTHER |
|------------------|----------|------|---------------------------------------|-------|
| Air Rifles       | 1        | 8+   | ◎∜ <b>%</b>                           | FL    |
| Archery          | 1        | 8+   | © <b>%%③</b>                          | FL    |
| Frisbee Golf     | 1        | 6+   | © <b>%\$</b> \$\$! A ఈ ( <b>?</b> ) □ | FL    |
| Mini Golf        | 1        | 4+   | © <b>%\$</b> \$\$! A & <b>6</b> \$□   | M FL  |
| Orienteering     | 4        | 4+   | ©\$\$\$X!A&®®                         | М     |
| Photo Hunt       | 4        | 4+   | <b>⊕</b>                              |       |
| Pioneering       | 1        | 6+   | © <b>₹</b>                            |       |
| Shelter Building | 2        | 4+   | © <b>∜∜</b> □                         |       |
| Team Challenges  | 2        | 8+   | © <b>\$</b> A <b>Ŷ</b> □              | М     |
| Traverse Wall    | 1        | 4+   | © <b>∜\$</b> ★₩                       | FL    |

## Key:

M – Mobile

FL - Floodlit







## **Activity Outcomes**

We want to make sure you and your group achieve your goals; so at Well End we use the English Outdoor Council's ten outcomes of High Quality Outdoor Education to help you understand what each activity can bring to your group. Which in turn can help you shape your programme.

|          | ОИТСОМЕ                                      | DESCRIPTION   |
|----------|--|---|
| (i)      | Enjoyment                                    | Young people enjoy participating in outdoor activities and adopt a positive attitude to challenge and adventure   |
| AS)      | Confidence                                   | Young people are gaining confidence and self esteem through taking on challenges and achieving success  |
| *        | Social Awareness                             | Young people are developing their self awareness and social skills, and their appreciation of the contributions and achievements of themselves and others             |
| À        | Environmental<br>Awareness                   | Young people are becoming alive to the natural environment and understand the importance of conservation and sustainable development                                  |
| *        | Activity Skills                              | Young people are acquiring and developing a range of skills in outdoor activities, expeditions and exploration  |
| Ŷ.       | Personal Qualities                           | Young people are demonstrating increased initiative, self reliance, responsibility, perseverance and commitment   |
| AΑ       | Key Skills                                   | Young people are developing and extending their skills of communication   |
| \$€      | Health & Fitness                             | Young people are learning to appreciate the benefits of physical fitness and the lifelong value of participating in healthy leisure activities                        |
|          | Increased Motivation & Appetite for Learning | Young people are displaying an increased motivation and appetite for learning that is contributing to raised levels of attainment in other aspects of their education |
| <b>③</b> | Broadened Horizons                           | Young people are broadening their horizons and becoming open to a wider range of employment opportunities and life chances  |

## **Book Now!**

