



SU Scotland
Classroom Outdoors

Activity Guide



Activity Choices at Lendrick Muir

Whether you've been here a number of times, or you are planning your first school residential at Lendrick Muir, this guide will help you make the best choices for your group. It is designed to be used alongside the Activity and Evening Options form and follows the same colour scheme for ease of use.

We offer a wide range of on- and off-site activities at Lendrick Muir. We want to create a balanced programme for your group that offers a range of experiences and different kinds of activities. To help us do this, we have grouped the activities and suggested how many to pick from each group to fit the length of your stay.

Inside this guide is a short explanation of the different activity options. If you have any questions about the activities we offer, or how your programme might work, please get in touch.

Want to create a programme based on a particular theme?

Use the chart below to see which activities would best support your learning outcomes:

	Teamwork	Resilience	Confidence boosting	Growing relationships	Skill building	John Muir Award		Teamwork	Resilience	Confidence boosting	Growing relationships	Skill building	John Muir Award
Team Challenges	✓	✓	✓	✓			Mini Survival	✓				✓	✓
MUGA/Sports Hall Games	✓			✓			Nature Trails					✓	✓
Walk to Rumbling Bridge Gorge				✓		✓	Nightline		✓	✓		✓	✓
Wide Game - Land Grab	✓						Orienteering		✓	✓		✓	✓
Wide Game - Survival Game					✓		Trail Bikes		✓	✓		✓	✓
Campfire			✓	✓	✓		Crate Climbing	✓	✓	✓			
Walk			✓	✓	✓		High Ropes - Jacob's Ladder	✓	✓	✓			
Board Game Night	✓		✓				High Ropes - Leap of Faith		✓	✓			
Quiz Night	✓						High Ropes - Pizza Box	✓	✓	✓			
Archery			✓		✓		King Swing	✓	✓	✓			
Beach Volleyball	✓						Paddlesports		✓	✓		✓	
Bouldering	✓	✓	✓	✓	✓		Raft Building	✓	✓	✓	✓		
Bungee Trampolines			✓				Tree Climb		✓	✓			✓
Bushcraft	✓	✓	✓		✓	✓	Watersports Off-site			✓		✓	✓
Challenge Course	✓	✓	✓				Hill Walk	✓				✓	✓
Mini Beast Safari					✓	✓							



Team Challenges

All school groups at Lendrick Muir take part in Team Challenges, with a choice of the finale activity. Small teams work round a series of challenges designed to test the group's ability to work together and encourage them to consider each other, take leadership and share ideas. Groups earn points for success in these challenges and for their teamwork. These points are then used in the finale activity.



Finale - Rocket Launch

Teams build a launch ramp from a selection of materials. They then launch their bottle rockets to see which one flies the furthest.



Group Activities

Depending on the size of your group and other activities in your programme, these activities may be run with your whole group or several teams together.

Archery Tag

A friendly combat sport that can be played indoors or out, using soft foam-tipped arrows to play the game.



MUGA Games

Using our all-weather pitch, we run a fast-paced session, often including races, team games, tag games and more.

MUGA = Multi-Use Games Area



Sports Hall Games

Depending on the group size, we can run a similar programme to the MUGA games or run a round robin tournament where teams compete against each other in different games like football, unihoc, volleyball or basketball.



Inflatables

A fun activity to burn off some energy - everyone will want to participate! We have two inflatables: Bungee Run, where two people compete to run the furthest, and Demolition Zone, where up to four players compete to be the last person standing.

Land Grab

Land Grab is an orienteering strategy game. The aim is to conquer Scotland by taking as many territories as possible. There are elements of competition and chance in the game to make it fair for all. Teams have to work together to decide their strategy for winning.



Walk to Rumbling Bridge Gorge

Our instructors will lead you on a gentle ramble through Lendrick Muir and out to the spectacular Rumbling Bridge Gorge, giving you some interesting information along the way.



Survival Game

Great for primary school pupils, the purpose of this game is to 'survive'. Each player takes the role of an animal. As in the wild, they will have to ensure they consume enough, avoid being consumed and avoid other hazards. The game can run with 20-50 players and requires some teachers to take part too.



Evening Activities

The fun doesn't stop after dinner! Each night school staff will lead an activity to round off your day, with resources provided by us to make it a great time for all.



Campfire

Head into the forest to enjoy a campfire, some songs and riddles, maybe a joke or two and a chance to roast marshmallows. This activity can also be led by our instructors.



Sports Hall / MUGA

Use our all-weather pitch or our Sports Hall to play some game or host a tournament to burn off some energy at the end of the day.

MUGA = Multi-Use Games Area



Walk

Go for an evening walk along our nature trails and try and spot some of the wildlife that call Lendrick Muir home!

Board Game Night

We'll provide you with a range of board games so you can either organise a board game tournament or have a chilled evening letting the group pick and choose which games to play.



Individual Group Activities

These activities run with a small team of up to 8 young people, led by an instructor. Sessions are usually 90 minutes long. They involve developing individual skills at an activity, encourage good team work and promote cooperative and active learning.



Quiz Night

We'll give you everything you need to host an epic quiz night. With a mix of question rounds and Taskmaster-style tasks, your group is guaranteed to have an evening of fun and laughter!

Adventure Park

Sessions will include some free play time on the Adventure Park as well as games and challenges led by an instructor. The Adventure Park is also available to groups as a free time or evening activity option, provided supervising adults complete a short induction.



Disco

A chance to get dressed up and party the evening away with silly games, cheesy dance moves and lots of fun.



Archery

Lendrick Muir has two archery ranges. All instructors have been trained by Archery GB and will be able to help develop skills. The sessions involve developing skills and playing some games.

Murder Mystery

There has been a tragic murder at Lendrick Muir and pupils will need to become detectives and work out which of the strange occupants of the house is guilty. Teachers, this is your chance to indulge in your dramatic side! This activity requires at least 5 teachers or pupils to be suspects.

Movie Night

Choose from our range of DVDS or movies to stream and settle down with some popcorn to round off the day.

Bungee Trampolines

Available April - September

Bungee Trampolines are a great way to burn off some energy and practice your flips and tricks. Pupils will be fitted with a harness and winched up so they can bounce to their heart's content. This activity works well combined with Beach Volleyball or Adventure Park where pupils would spend half the session on each activity.



Beach Volleyball

Available April - September

Feel the sand between your toes and play some fun games on our outdoor Beach Volleyball Court.



Challenge Course

Lots of challenges await on our Challenge Course. This offers both individual fun and challenge on various inter-connected challenges, as well as activities where pupils work in a team to solve problems.



Bouldering

The three bouldering walls at Lendrick Muir present a climbing challenge with a difference. It's not height that matters here as this is a low-level horizontal climbing activity that develops pupils' agility and encourages them to support each other and build trust.



Foot Golf

A combination of football and golf, have a go at our foot golf course and see if you can score a hole in one!



Bushcraft

During this session the group will head to the woodland and explore fire lighting using various methods and other bushcraft skills. Sessions are often run as a double session and can include bread-making.



Minibeast Safari

Join one of our instructors as we get our hands dirty and discover who else lives at Lendrick Muir. We will explore different habitats and see if we can find, identify and learn about a wide variety of minibeasts.



Disc Golf

This is a variation on golf using frisbee discs aimed at a basket. Our course has 9 baskets and runs through both open ground and forest, making this a challenging and fun activity.

Mini Survival

This session takes place in the forest and involves a mixture of storytelling and activity. Pupils are introduced to their 'wee dude' and encouraged to imagine how they might have got lost in the woods. We then learn about different survival skills and build our wee dudes and a wee shelter. Careful though, the chances of it raining before the end of the session are high and we don't want our wee dude to get wet!

Nature Games and Exploration

We have various habitats within our grounds and have a variety of games that explore different aspects of our 120 acres. This can be used as part of the John Muir Award and often includes using OPAL surveys.

Nightline

For this session, pupils are given a blindfold and encouraged to use different senses to explore the world around them. This session starts with games to encourage the team to support each other and explore their different senses then we head into the forest to try and complete an obstacle course.



Orienteering

We have several orienteering courses on-site, of varying difficulty. Instructors will help pupils learn to read and navigate a map before they try to complete an orienteering course.



Trail Bikes

There are lots of tracks and trails across our grounds incorporating challenges designed to improve mountain bike skills. There is a minimum height requirement for this activity and participants must be able to ride a bike. More suitable for P6+



Advanced Activities

These activities offer an additional level of challenge. They might involve further developing a skill, or the chance to try something a bit different and possibly scary, such as facing a fear of heights.

High Ropes Course



Leap of Faith

The Leap of Faith is a personal challenge which is great to watch and encouragement is essential. Participants climb 8m to a small platform and leap to a trapeze hanging in mid-air.



Pizza Box

This activity involves a whole team of 8, 4 belaying and 4 climbing. The four climbers need to work together to stand on a small square of wood on top of a 6m pole.





Raft Building

Available April - September

Teams work together to design, build and launch and paddle a raft on our lochan and complete challenges - do you think you could get everyone on your raft to do the hokey-cokey without someone falling in?



Tree Climb

Harnessed up and ready to go, the challenge is to climb our 10m high tree whilst your teammates take up the slack. This is a great activity, but not for the faint-hearted!

Paddlesports

Available April - September

A fun-packed engaging taster paddlesports session where you get to paddle a variety of crafts (canoes, kayaks and stand-up paddle boards) and play some games while developing skills and confidence on the water.

Crate Climbing

In this activity the challenge is to build and climb a stack of crates, while your teammates hold the ropes and keep you safe. The higher you climb, the more wobbly it gets and when the crates fall, you may be left hanging around!



King Swing

This activity combines an adrenaline rush with a team challenge. Two people, wearing harnesses, get into the swing, then the rest of the group winches them up and releases them for an exhilarating swing out.



Extra Cost Activities

We can also arrange some activities that go beyond the normal scope of activities at Lendrick Muir. The extra cost reflects the need for higher qualified instructors, extra transport to venues, or costs associated with the activities.

Some of these suggested activities are more suitable for older pupils.

Extended Session on Advanced Activities

We can plan a day expedition hill walking, biking, canoeing or kayaking.

We can take groups down to other local lochs and watersports centres to do windsurfing, dingy sailing etc.

We can arrange a hill walk in the Ochil hills near the centre. There are a number of interesting lower level options through the hills and splendid individual hill tops in the Ochil Range which offer a fantastic opportunity to explore, develop navigational skills, build resilience and leave with a deeper appreciation for the Scottish landscape.

We can also visit other venues to offer activities that are not available on site, such as swimming or climbing at outdoor climbing venues or indoor climbing walls.

Day Excursion to a City

We offer popular trips to Edinburgh, Glasgow and Stirling where we visit a variety of educational attractions such as Dynamic Earth, Edinburgh Zoo, the Science Museum and Blair Drummond Safari Park.

Do you have other ideas about things you would like to include in your residential? Ask us and we'll see what we can arrange.

John Muir Award

We can partner with your group to help you work towards and achieve the John Muir Award. During your residential activities we can focus on the Discover, Explore and Conserve parts of the award.



Hedgerow Survey



Bug Count Survey



Pond Exploration



Woodland Exploration



The activities reflect a range of habitats that can be used to focus the project around. Each will involve a range of activities to discover the habitat and then to explore it in more detail, e.g. using an OPAL study. The data collected can then be inputted into a national database to aid conservation.

For more information on the John Muir Award, please get in touch with the Lendrick Muir Schools Manager.

**Are you working towards another award during your residential?
Let us know and we will help support this work.**



Weather

Some of our activities (Beach Volleyball, Bungee Trampolines and Paddlesports) are only available during our summer season, from April to September, when there is the best chance of the weather being good enough to enjoy them.

We run the rest of our activities year round and in all weathers, making changes and adaptations where necessary.

Due to the nature of the outdoor environment, it is not always possible to provide all activities. However, we will endeavour to create the best programme for you from your selected choices. We may need to make changes on the day but we would do so in consultation with the visiting school staff.




We look forward to welcoming you to Lendrick Muir soon.

If you have any questions about your programme, please get in touch with the Schools Manager.

How to contact us:

 Schools Manager
Lendrick Muir
Rumbling Bridge
Kinross
KY13 0QA

 01577 842000

 LMSchools@suscotland.org.uk