

Working together across our Keith Grammar School community to be...

Aspirational – **Respectful** – **Healthy** – **Responsible**

**PROMOTING HEALTHY ACTIVITIES,
BUILDING CONFIDENCE,
LEARNING NEW SKILLS,
MEETING DIFFERENT PEOPLE
AND HAVING FUN!**



Give everyone an **equal chance** to be part of all **activities** in school, **leading** clubs and or **participating** in activities (Articles 15 & 31)

Provide **opportunities** for pupils to develop their **skills, talents and personalities** (Articles 28 & 29)

Within this booklet you will find information about all the choices for the activities planned for Tues 16th May and Wed 17th May. You will see that there are a number of different types of activities to choose from.

This year activities will cover 3 days. Monday 15th May will involve S1-3 pupils will be taking part in the Keith Grammar School annual Sponsored Walk (more information to follow)

Tuesday 16th May and Wednesday 17th May will allow pupils in S1-3 to participate in activities of their choice. Those in S2 already know about activities day but this will be new to the first years. Activities days are an important part of your school year and part of the range of activities during the year that comes under the aims of “health promoting”

Have a good think about the choices before you make your mind up because we hope that you will take the chance to try something different. You should also see it as a chance to meet different people as you are not guaranteed to get the same activities as your friends. You will have to make a few choices because we cannot be sure that you will get your first choices. Overall, we hope that everyone has fun during activities days

(1) CAKE DECORATING

You will learn basic cake decorating techniques, which you will then use to decorate a pre-made sponge. You will also make and decorate a batch of cup-cakes.



Additional Info: You will need to bring a sponge cake and a packet of ready-made icing with you.

Cost: £3.00

Available: Tuesday 16 th May/Wednesday 17 th May - tbc

(2) CRAFT DAY

Enjoy a relaxing day undertaking a range of craft type activities such as: knitting, making friendship bracelets, crocheting and cross-stitch. Don't worry if you've never done anything like this before, come along and learn a new skill. Listen to music or watch a movie whilst you work.



Additional Info: Bring a packed lunch with you if you wish.
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Cost: £FREE

Available: Tuesday 16 th May/Wednesday 17 th May - tbc



Walk along the famous River Spey from Fochabers to Spey Bay (5 miles) and then visit Scotland's award winning Dolphin Centre. Do some dolphin watching and get a guided tour around the Dolphin Centre and the Ice House. There is a huge variety of wildlife including; dolphins, ospreys, seals, gannets, otters and many more. Why not bring your camera and get some great wildlife shots.

Additional Info: Bring clothing suitable for outdoor walking, a packed lunch or money for the café.
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Cost: £7.00

Available: Tuesday 16 th May/Wednesday 17 th May - tbc



Open to new and experienced footballers, the day will involve fitness work, drills in heading, passing, volleying, ball control, turning and shooting and of course an opportunity to play matches!

Additional Info: Make sure to bring plenty of water with you.
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Cost: £ FREE

Available: Tuesday 16 th May/Wednesday 17 th May - tbc

(3) WALK FROM FOCHABERS TO
SPEY BAY AND DOLPHIN CENTER

(4) FOOTBALL

(5) GAMES DAY: OUTDOOR/BOARD/WII CHALLENGES

NEW FOR 2017



Darts, dominoes and a selection of strategy and board games. Develop your social, strategic and decision making skills in a fun, competitive environment.

Additional Info: If you wish, bring any board games you enjoy playing along with you on the day.

Cost: £FREE

Available: Tuesday 16 th May/Wednesday 17 th May - tbc



Take part in a mini Grand Prix, where you will race against your friends in the heats to record a fast time that will get you into the Grand Final.

The day also involves trying out a bit of clay pigeon shooting, where you fire a modified shotgun to fire an infrared beam at real clays. Whenever the trigger is pulled, the digital scoreboard generates the shotgun 'bang' and when a player hits the target it reproduces the sound of a breaking clay.

Additional Info: Please note this activity will only run if a minimum of 25 people sign up, and will have a max of 48 participants. You will need to take a packed lunch and clothing suitable for outdoor activities, depending upon the weather.

Cost: £45.00

Available: Tuesday 16 th May
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(6) GO KARTING & CLAY PIGEON SHOOTING



A day of paintballing! You will be split into teams and your team will have to defend your castle from the invasion of the enemy.

Additional Info: Outdoor clothes that you do not mind getting wet and muddy. Trainers or outdoor shoes must be worn.

Cost: £45.00 (approximate cost – still to be confirmed)
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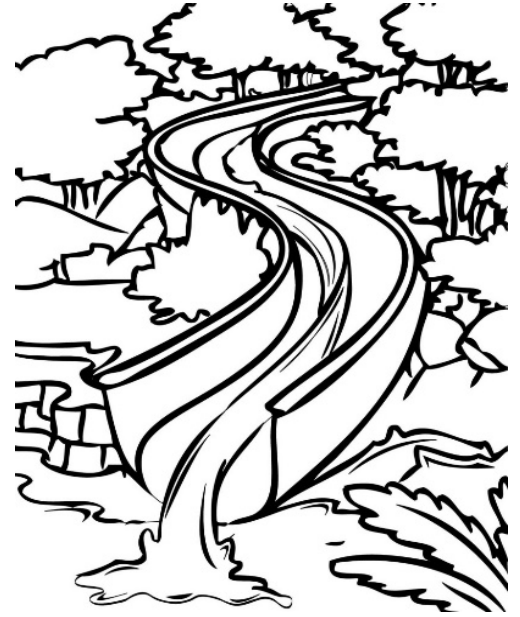
Available: Tuesday 16 th May/Wednesday 17 th May - tbc

(7) PAINT BALLING

(8) LANDMARK FOREST ADVENTURE - CARRBRIDGE

Full day trip. Leaving at 9am, arriving back at KGS by 3:20pm.

Attractions include: runaway timber train; bamboozeleum; fire tower; timber trail; ancient forest; pinnacle; sky dive; tarzan trail and wild water coaster.



Additional Info: You will be required to take money for lunch or a packed lunch, plus a change of clothes is a good idea!
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Cost: £22.00 (approximate cost – still to be confirmed)
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Available: Tuesday 16 th May/Wednesday 17 th May - tbc

(9) PHOTOGRAPHY



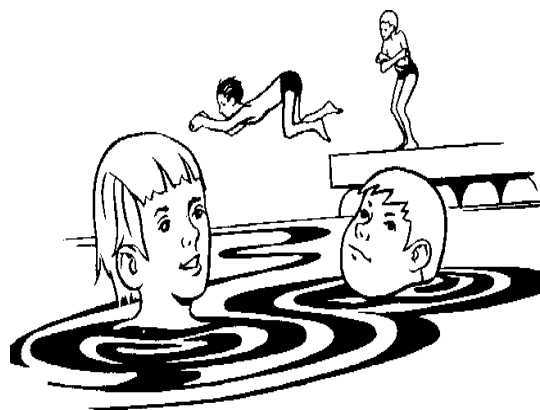
You will spend the day making up a portfolio of photographs: 1 portrait, 1 landscape, 1 digital effect, 1 macro and 1 light picture. You will then have your photos printed out in colour and you'll choose and frame your best ones.

Additional Info: Bring your own camera if you wish, however cameras will be supplied if needed. Organise your own lunch for the day.

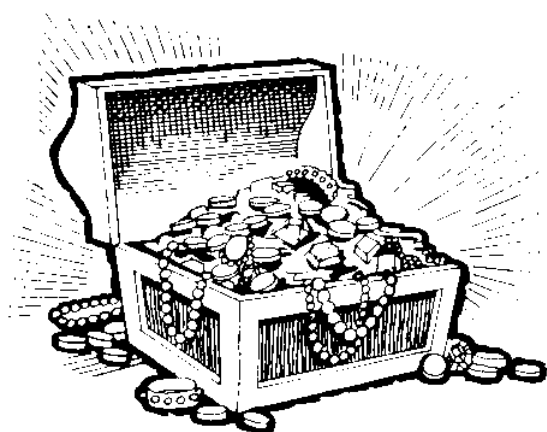
Cost: £3.00

Available: Tuesday 16 th May/Wednesday 17 th May - tbc

A flexible day that will involve in-house movie watching and a swim at Keith pool. Use of the new pool Aqua Run could be an option (additional cost for this).



Additional Info: You'll need to bring your swimming kit and your lunch plus of course popcorn if you want!
Cost: £2.00
Available Tuesday 16 th May/Wednesday 17 th May - tbc



Into puzzles and games....devise a treasure hunt around the school for your friends. Make up clues and have prizes and objects to find. Create the challenge! Watch a film with all the movie experience of popcorn, be part of the big screen atmosphere! Mobile Cinema screening of a recent film.

Additional Info: movie will be confirmed nearer the time and popcorn will be provided.
Cost: £2.00
Available: Tuesday 16 th May/Wednesday 17 th May - tbc

(10) SWIMMING AND MOVIE WATCHING
(11) TREASURE HUNT/CINEMA



For all you budding actors, set designers, lights and sounds people, the ultimate challenge!

Devise, produce, and perform in a day a play for Primary Schools. You decide story, action and effects. Up for it? Sign up for it.

This will be a two day activity, including performance.

Additional Info: This is a two day activity – performance to an audience during the afternoon of Wednesday 18 th May
Cost: £2.00
Available: Tuesday 16 th May/Wednesday 17 th May - tbc



Do you like spicy food? Mexican? Fancy a curry? Indian? This is your chance to cook a unique meal. Make an Indian or Mexican meal from scratch. Treat your family to a spicy meal.

Additional Info: Ingredients will be mainly provided by the HE department and the afternoon will be spent watching the Play in a Day

Cost: £5.00

Available: Tuesday 16th May/Wednesday 17th May - tbc

(14) MOUNTAIN BIKING DAY

NEW FOR 2017



Mountain biking day - Balloch (Keith). Calling all beginners, intermediate and advanced mountain bikers. Enjoy a day of twists, turns, bumps and jumps with Mr McR. And Mr.P. The school has ten bikes we can loan to pupils for the day but we can offer up to 16 places. Those who are taking their own bike will need to take it into school for a pre-trip assessment before the event. This promises to be a great day out exploring the local area on bikes, and what's more... It's absolutely free!! Packed lunch and suitable clothing will be required!

Additional Info : Bring a packed lunch. If you have your own bike, you can bring it along, but bikes can be provided by the school.
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Cost : N/A

Available : Tuesday 16 th May/Wednesday 17 th May - tbc
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NEW FOR 2017



Come "Fly through the air with the greatest of ease" and Zip around on over 2Km of zip wires!

14 wires in total, zipping through the trees and over a gorge. Gentle zips to begin with, then they increase in length (and height) as you move through the course.

The longest zip is 1/2Km long and takes around 30 seconds to complete. 2 hours of thrills and not for the fainhearted !

Additional Info : No previous experience required. Bring water with you.

Cost : £31.00

Available : Tuesday 16 th May

(15) ZIPPETY-DO-DAH

NEW FOR 2017



Join us for a day at Sandend beach for a surf lesson and some fun beach games. All abilities of surfer are welcome, but you must be able to swim 50m unaided. Suds Surf school will be on hand to teach you the basics and make sure that you have plenty of fun.

Additional Info : No previous experience required. Bring water with you. You must be able to swim 50m unaided.

Cost : £31.00

Available : Tuesday 16 th May/Wednesday 17 th May - tbc
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NEW FOR 2017



Capture the Flag is an outdoor challenge of territories, tactics and strategy. Combine this with speed and skill and you've got yourself an awesome game! There's a role for everyone.... Defend the base, attack the enemy or fool them into submission as a decoy runner. Great fun for all levels of fitness

Additional Info : No previous experience required. Bring water with you.

Cost : £Free

Available : Tuesday 16 th May/Wednesday 17 th May - tbc
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(16) SURFING/BEACH
GAMES

(17) CAPTURE THE
FLAG