

4 or 5 Day P7 Hoy Residential Outdoor Learning & Activity Programme **EXAMPLE**

SCHOOL		PUPILS		STAFF	
DATES		GROUPS		INSTR.	
TIMES	DETAILS	DAY 1	TIMES	DETAILS	DAY 2
08.00	INSTRUCTOR MEETING @ HOY CENTRE		08.00	INSTRUCTOR MEETING @ HOY CENTRE	
08.15	EQUIPMENT & CENTRE PREP				
10.30	INSTRUCTOR MEET GROUP @ FERRY	Instructors load vehicle with luggage & walk to Hoy Centre	08.45	INSTRUCTOR MEET GROUP	Today's activity, 'Goal-Setting, Aims & Improvements'
11.00	GROUP MEETING	Safety tour Centre, Personal Kit & Outline of days activity, 'Goal-Setting & Aims'	09.00	ACTIVITY 2 (example)	CANOEING
12.00	LUNCH	At Hoy Centre	12.00	LUNCH	At Rackwick
12.45	ACTIVITY 1 (example)	ARCHERY	12.45	ACTIVITY 3 (example)	BUSHCRAFT FIRE & SHELTER
16.00	REVIEW TIME	Activity Sheets / Diary	16.00	REVIEW TIME	Activity Sheets / Diary
16.30	FOOD PICK UP @ FERRY		16.30	FOOD PICK UP @ FERRY	
17.00	TEA		17.00	TEA	
18.00	PROBLEM SOLVING / REVIEW (Teachers)		18.00	WALK TO DWARFIE STONE / REVIEW (Teachers)	
NOTES			NOTES		
TIMES	DETAILS	DAY 3	TIMES	DETAILS	DAY 3
08.00	INSTRUCTOR MEETING @ HOY CENTRE		08.00	INSTRUCTOR MEETING @ HOY CENTRE	
08.45	INSTRUCTOR MEET GROUP	Today's activity, 'Goal-Setting, Aims & Improvements'	08.45	INSTRUCTOR MEET GROUP	Today's activity, 'Goal-Setting, Aims & Improvements'
09.00	ACTIVITY 4 (example)	COASTEERING	09.00	ACTIVITY 4 (example)	COASTEERING
12.00	LUNCH	At Lyrawa Viewpoint	12.00	LUNCH	At Lyrawa Viewpoint
12.45	ACTIVITY 5 (example)	GORGE WALK	12.45	ACTIVITY 5 (example)	GORGE WALK
16.00	REVIEW TIME	Activity Sheets / Diary	16.00	REVIEW TIME	Activity Sheets / Diary
16.30	FOOD PICK UP @ FERRY		16.30	FOOD PICK UP @ FERRY	
17.00	TEA		17.00	TEA	
18.00	BEACH ACTIVITY / REVIEW (Teachers)		18.00	BEACH ACTIVITY / REVIEW (Teachers)	
NOTES			NOTES		

TIMES	DETAILS	DAY 4
08.00	INSTRUCTOR MEETING @ HOY CENTRE	
08.45	INSTRUCTOR MEET GROUP	Todays activity, 'Goal-Setting, Aims & Improvements'
09.00	ACTIVITY 6 (example)	WARD HILL WALK DAY
12.00	LUNCH	
12.45	ACTIVITY 6 (example)	WARD HILL WALK DAY
16.00	REVIEW TIME	Activity Sheets / Diary
16.30	FOOD PICK UP @ FERRY	
17.00	TEA	
18.00	LOCAL ORIENTEER / REVIEW (Teachers)	
NOTES	If a 4 day programme, return kit and walk to ferry at 16.10. Ferry Depart 16.30	

TIMES	DETAILS	DAY 5
08.00	INSTRUCTOR MEETING @ HOY CENTRE	
0830	BAGS IN HALL, CLEAN ROOMS	
08.45	INSTRUCTOR MEET GROUP	Todays activity, 'Goal-Setting, Aims & Improvements'
09.00	ACTIVITY 7 (example)	KAYAKING
11.45	LUNCH	At Hoy Centre
12.30	ACTIVITY 7 (example)	TYROLEAN TRAVERSE
15.15	REVIEW TIME	Activity Sheets / Diary / NOLA Review
16.10	WALK TO FERRY	
16.30	FERRY DEPARTS	
NOTES		