



PE TRIP

Yr 7's only!!!

The Playground 6th July

Put your slips in here

(and some carefully selected staff!!!)



Fed up of the same learning patterns?

Just another field trip to go on... Geography???
History??? Museum??? Same old....same old!
Zzzzzzzzzzz



Yep – we would go.... But....Zzzzzzzzz

- We don't want this on our PE trip...

And we just have to get away from this....



Are you ready for something a little bit different?

- We are going to take learning out of the classroom!!







Are you ready for this much
fun?.....

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.....WELL – Not finished yet!





FAMILIARISATION LAP

You will then be guided around all 30 obstacles, under the watchful eye of the Playmaker/s who will advise and demonstrate best techniques where required!

FUN CHALLENGES

After a quick drinks break, everyone will be split into smaller teams and set a variety of tantalising team-building tasks to tackle, such as 'Hang Tough', 'Tyre Flips' and 'Hi-Speed Slide'!

MUDDY DITCH!

The best bit! Mud + muddy water = maximum fun!

DE-BRIEF AND DE-MUD!

Everyone will then re-group and take a moment to reflect on the achievements, stand-out moments & lessons learnt during the session. This is also the perfect opportunity to grab a group photo! Our 'luxury showers' are then available to wash the worst of the mud off!

DEPARTURE

After all participants have changed into clean clothes & footwear, Playmaker's will hand-out souvenir wristbands & certificates (if selected) and ensure that everyone leaves safely.



AN OVERVIEW OF YOUR PLAYTIME!

ARRIVAL

Your Playmakers will meet and greet staff and pupils/students on arrival and direct you to your base for the duration of the session, where you can leave bags and valuables etc. We will also direct everyone to the toilets and changing rooms. All staff will be welcomed with a complimentary hot drink!

WELCOME AND SAFETY BRIEFING

Our Playmaker/s will introduce themselves before delivering a safety brief to cover all pertinent points relating to general course etiquette as well as specific instructions for certain obstacles.

DEMONSTRATION & WARM UP

Once the Playmaker/s have demonstrated correct dismount technique using our 'demo wall', they will then engage all participants in a warm up, to ensure everyone is physically ready to take on the course!





EDUCATION MEETS

ADVENTURE

PROFESSIONAL

All of our staff are fully trained to ensure your experience with us is safe and in line with our systems and processes.

LEARNING

Our sessions help to teach participants team-work, trust, communication skills and imbue them with a sense of camaraderie.

ACTIVE

Whether it's under, over or through an obstacle, each participant will be mobilised in both body and mind, elevating metabolism levels and releasing endorphins - the happy hormones!

YOU

Each session is personalised to the requirements of each school/college, as well as being adaptable to the needs of individual pupils/students.

TAKE **LEARNING** OUTSIDE OF THE CLASSROOM

Here at The Playground we are passionate about inspiring & motivating pupils/students of all ages (7+) at our 1km long, 30 obstacle outdoor assault course!

Whilst having fun in the fresh air, our sessions help all those involved to improve their inter-personal, communication & problem-solving skills, all within a professional, safe environment.

All participants leave The Playground with a huge sense of achievement. The mud will – eventually! - wash off, but the memories will last a lifetime!





**SCHOOL AND COLLEGE
EXPERIENCES**

As you are likely to end up like this.....



- You need to come prepared.... **With daring...** **fun...** **winning attitude** and **correct clothing!!**

- Fun and engagement will increase your capacity to do academic work and all your other sports too!



This is also in your google classroom for PE if you forget!

- Things you will need for the Playground Trip on 6th July.
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- Any personal medicine you might need including inhalers or hay fever tablets, travel sickness tablets
- Wear clothes/shoes that you do not mind getting very dirty
- A TOTAL CHANGE OF CLOTHES including underwear and socks and shoes!!!
- Towel
- Sun cream, Hat
- A BIN BAG so you can put dirty clothes in it for travelling home.
- Food and drink for the day – NO FIZZY DRINKS – they will be taken from you!
- No eating or drinking on the bus!!
- Seat belts on at all times when travelling.
- A huge “I’m going to get stuck in” attitude.
- We will be back for your normal busses – if we get stuck in traffic a message will be sent from us to school so your parents can contact them if needed.
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- I have to have ALL consent forms filled in prior to travel – if you do not have them you HAVE TO STAY AT SCHOOL.

