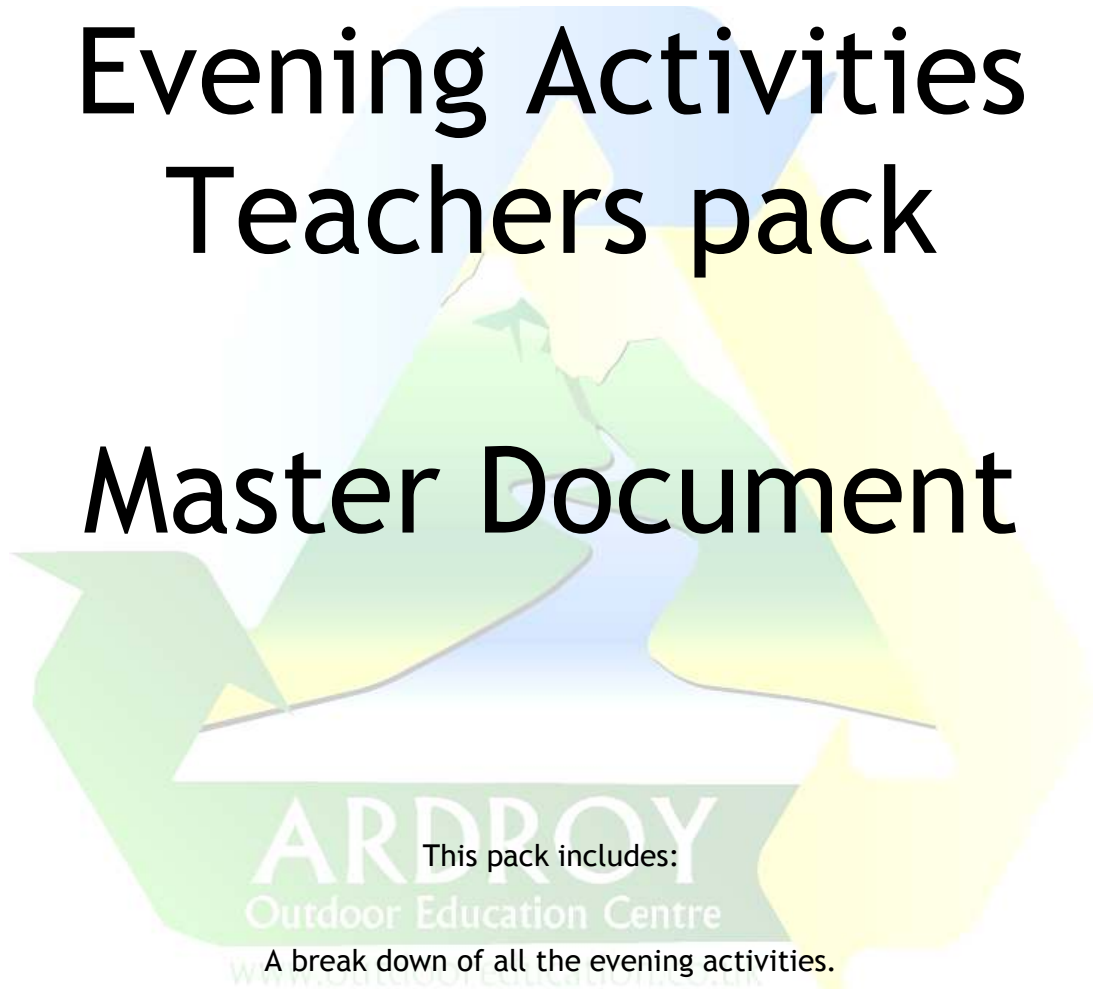


Ardroy OEC

Evening Activities Teachers pack

Master Document



This pack includes:

Ardroy
Outdoor Education Centre

A break down of all the evening activities.

Some top tips for helping with the evening programme.

Links to Briefs for all the activities you may be involved in.

Evening Activities at Ardroy.

First off - **thank you** for assisting us with the delivery of the evening programme.

Hopefully we have set an appropriate balance by creating a fixed evening programme per theme (thus ensuring we always have enough instructors to deliver it) and also developing some new activities where less adult input overall is required. Your feedback on whether we have got this balance right or not is important and valued.

Every evening will have at least one instructor to set up and introduce it but teachers/leaders may be required to help run parts of the activities - in many respects this has always been the case. Some activities such as initiative games will have more Ardroy staff assigned to them, but to offset this other activities which require more general supervision and less direction will require more assistance from teachers.

The Ardroy staff running the evening should brief you before the activity begins, but if you can have read through the relevant session plans this will both speed up the process, and improve your ability to assist. We leave a copy of this pack in every teacher's bedroom, so if you are having difficulty sleeping may we recommend you read on!

Other things that might help.....

Instructors can have their brains picked at any time. If you want clarification on anything they will be happy help.

Evening routine:

- Everyone meets in the Carnegie room at 5.25pm
- Diner is at 5.30pm - 6.15pm ish
- Evening dorm inspection is at 6.45pm and is completed by instructors.
- Evening activities start around 7pm and go on until 8.30pm approx
- Supper 8.30pm - 9pm

(NB - if reading this on a computer, the index is bookmarked - click to go to the relevant page)

Enterprise

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- Night Line 7
- Night Orienteering / Lost at Sea Top up 5
- Social Games Evening 8

Healthy Mind and Body

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Initiative games

Assistance Required:

Delivery of one or more simple team game. Instructors will deliver more complex / potentially hazardous tasks.

Intended Learning Outcomes:

This is normally run on the first or second night of the course. It offers a chance for some 'benchmarking' and asking the group to work as a team.

By the end of the session participants should be more aware of the plan→ do→review learning cycle, and also the required balance of team individual and task needs. Ideally, before each group leaves each activity, ask them to identify what they would do differently during the next task, in the light of what they have learned from the task they have completed (*note the learning cycle in here*). Even better, when the next group arrives with you, ask them what they have learned from the last task.

Do try and leave time at the end of each task for a snappy review. Good open ended questions include.... *"Did everyone plan what to do beforehand?"*, *"What would you do differently next time?"* *"Was everyone listened to equally?"* *"Did you change the plan during the task?"* *"What different qualities does a team need in order to succeed?"*

Procedure

This activity will be run using a pre ordained round robin where groups visit 'stations'. The instructor or teacher is based at the station for the duration.

Instructors will run the more complex activities and teachers backfill the more straight forward tasks

The exact tasks and number of staff available will be worked out in advance and communicated to you. This will in turn dictate the amount of time per station. All of the children will be briefed on the round robin, timetable etc beforehand. The round robin should conclude at about 8:30 pm

There are numerous games that you can choose for the station you will 'run'. The instructor will make sure you are up to speed before the activity. If you wish to see these briefs follow the link below*, or see the separate Initiative Games briefs folder

Resources Required

Ardroy staff will set up the various activities required beforehand. They are generally run indoors in a series of adjoining rooms, so there is no specific clothing or equipment required from you. A roll of sticky tape may be useful to enable you to stay silent while you potentially watch your pupils make a mess of it!

* Link for Initiative Games Pack - (click to hyperlink)

www.ardroy-oec.co.uk/assets/pdf/eveningbriefs/ardroy%20initiative%20games%20briefs.pdf

Night Orienteering*

Assistance Required:

Monitoring of participants at preordained points around the centre grounds as they complete a series of courses.

Intended Learning Outcomes:

By the end of this activity pupils should have improved their ability to navigate- specifically map to ground and ground to map recognition. They are also asked to work as a team of 3 or 4, sharing the same map and control card.

Procedure

This is a centralised activity based in the Carnegie Room and can accommodate an entire group

An Instructor will introduce this activity with a short PowerPoint presentation and explain the boundaries (within the Ardroy grounds)

Your main role will be to help with the supervision of the children as they go around the centre finding the controls. The best places to supervise (in order of priority) are

- (1) Boat sheds
- (2) Top of the dentist stairs
- (3) In front of Jacobs Ladder.

Each group will complete 3-4 courses with 6 markers to find per course.

You may need to help groups get the hang of the maps in the early stages. The instructor in the Carnegie room will be able to identify who is lagging behind by the number of courses they are completing, and will be able to suggest coaching these individuals a little more. It is often a good idea to stand away from but near to a control as children will naturally walk towards you. **Setting** the map is one key skill you can help them to learn (orientating the map to the ground).

Your instructor may give you a radio as they will have to be based in the Carnegie Room throughout to check groups in and out. This will enable you to communicate with them if needed. An 'end of game' time is agreed, and staff at the boat sheds can sweep the group back up to the Carnegie Room.

Resources Required

Waterproofs and wellies are prudent, as are torches in winter and a midge net in the summer. A sense of humour and patience go a long way!

Participants will wear waterproofs and wellies (depending on the weather) and require torches in the winter months.

**this activity is often done before a Lost at Sea briefing. A shortened version of same is delivered.*

Art with natural materials

Assistance Required:

Monitoring of participants as they complete the activity, particularly when they are gathering materials on the beach.

Intended Learning Outcomes:

By the end of this activity group will hopefully have developed a greater understanding of form, shape, symmetry, texture and colour by using natural materials. In addition, creative skills and collaboration will have improved as the groups work together to produce a piece of natural art.

Procedure

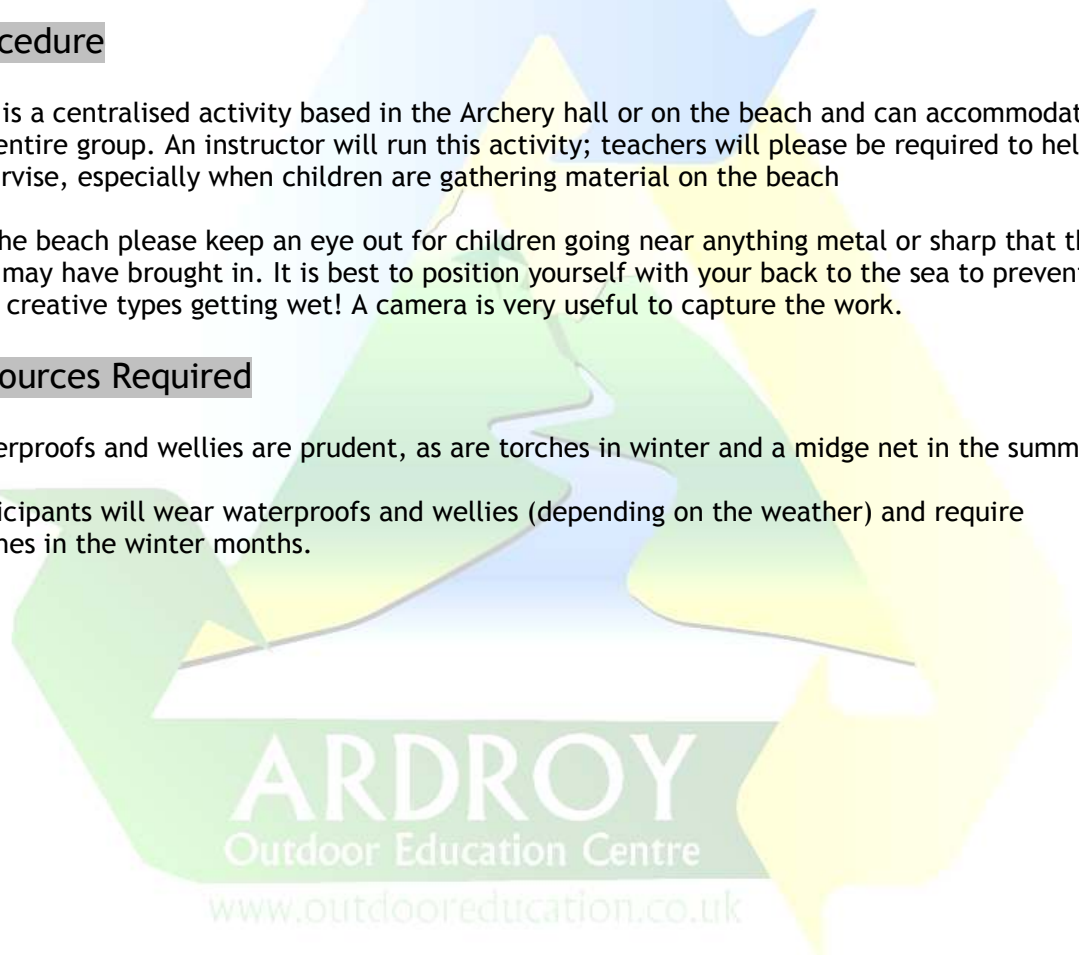
This is a centralised activity based in the Archery hall or on the beach and can accommodate the entire group. An instructor will run this activity; teachers will please be required to help supervise, especially when children are gathering material on the beach

On the beach please keep an eye out for children going near anything metal or sharp that the tide may have brought in. It is best to position yourself with your back to the sea to prevent over creative types getting wet! A camera is very useful to capture the work.

Resources Required

Waterproofs and wellies are prudent, as are torches in winter and a midge net in the summer.

Participants will wear waterproofs and wellies (depending on the weather) and require torches in the winter months.



Nightline

Assistance Required:

Monitoring of participants at pre ordained points on the nightline.

Intended Learning Outcomes:

By the end of this activity participants should have developed their verbal communication skills, and had to show a considerable degree of mutual trust and consideration for others as they work in pairs to negotiate a pre ordained course.

Procedure

This is a centralised activity based from the Archery hall. It can accommodate the entire group, or with larger groups it is often run with half of the total, with the remainder completing Initiative Games. An instructor will run this activity; teachers will please be required to help supervise.

The Nightline is a low level assault course that is completed in pairs with one of the pair wearing a blindfold and following a line (rope) that guides them round the course with the help of their partner. Your role in this activity is similar to Night orienteering. However, it is run in a much smaller area (around the archery hall and boat sheds). An instructor will introduce and start off this activity but there are some parts that need supervision

The See-Saw -
Rear of boat shed -

Please only allow one pair across at a time
There are some big tyres the children will step over.

Resources Required

Waterproofs and wellies are prudent, as are torches in winter and a midge net in the summer.

Children will wear waterproofs, wellies, helmets and a blindfold (one per pair). They may get muddy and wet, so your assistance in hosing them down afterwards may be required.

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Social/Games Evening

Assistance Required:

General assistance and keeping order.

Intended Learning Outcomes:

To be honest - not many! This is always run on the last night, intending as a more relaxed, celebratory evening after several long busy days. A shared experience.

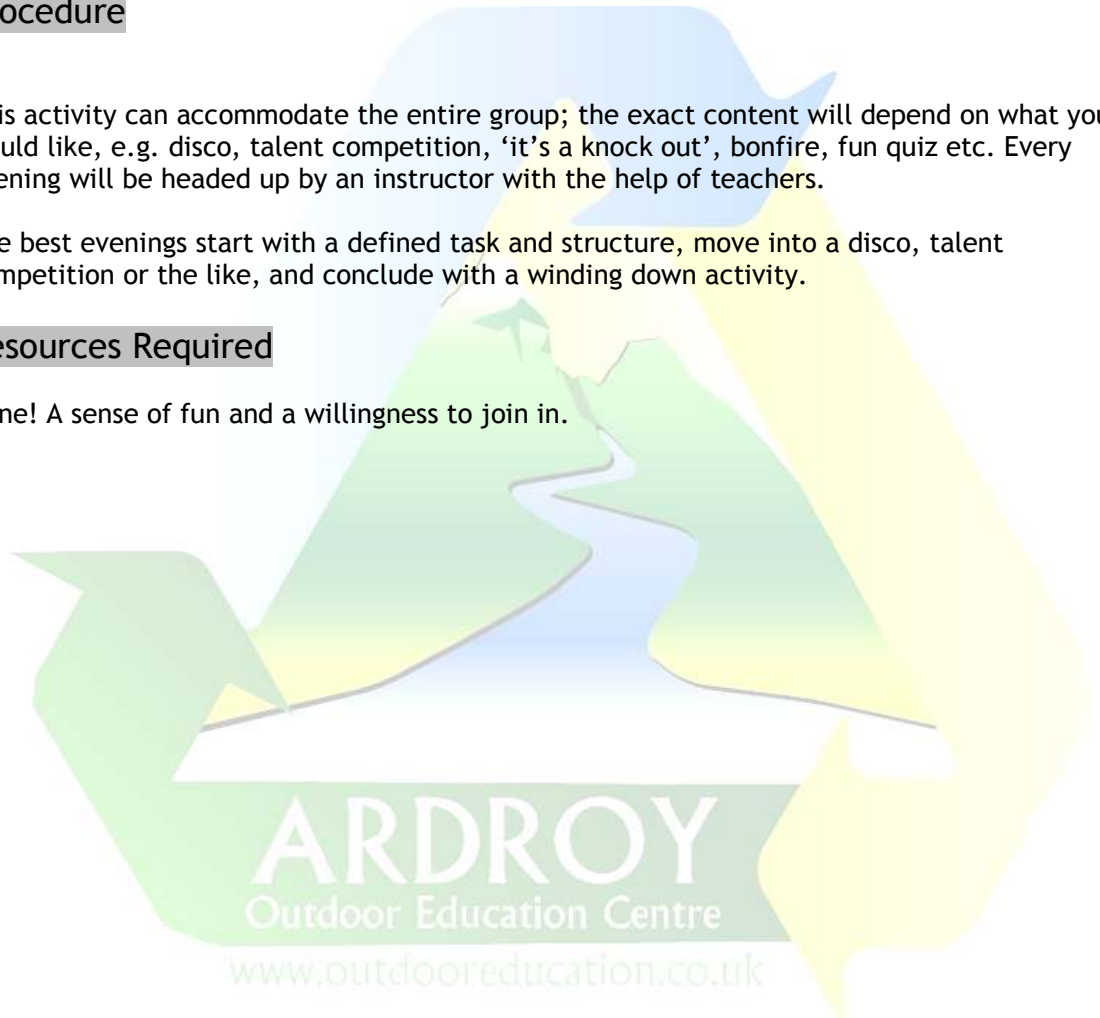
Procedure

This activity can accommodate the entire group; the exact content will depend on what you would like, e.g. disco, talent competition, 'it's a knock out', bonfire, fun quiz etc. Every evening will be headed up by an instructor with the help of teachers.

The best evenings start with a defined task and structure, move into a disco, talent competition or the like, and conclude with a winding down activity.

Resources Required

None! A sense of fun and a willingness to join in.



Ardroy Quiz

Assistance Required:

Monitoring of participants as they complete the Quiz.

Intended Learning Outcomes:

This is a self guided activity where the group work in small groups to ascertain information relevant to the week's programme and to discover more about recycling in Fife by examining display information around the centre. The group will also have to work in small teams, sharing limited resources and planning the best possible way to utilise them.

Procedure

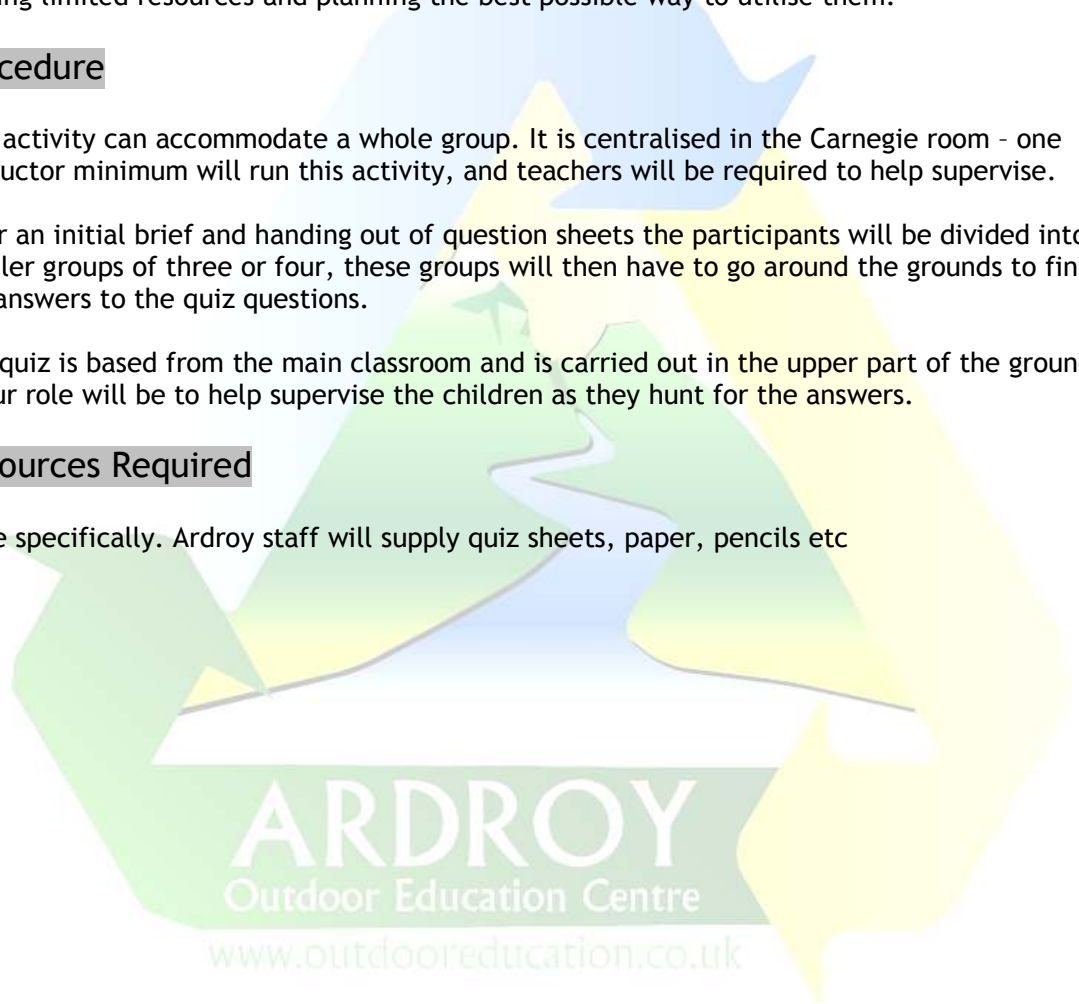
This activity can accommodate a whole group. It is centralised in the Carnegie room - one instructor minimum will run this activity, and teachers will be required to help supervise.

After an initial brief and handing out of question sheets the participants will be divided into smaller groups of three or four, these groups will then have to go around the grounds to find the answers to the quiz questions.

The quiz is based from the main classroom and is carried out in the upper part of the grounds - your role will be to help supervise the children as they hunt for the answers.

Resources Required

None specifically. Ardroy staff will supply quiz sheets, paper, pencils etc



Eco evening

Assistance Required:

Delivery of one or more of the Eco Evening activities in a round robin. Detailed lesson plans will be provided for these activities. More complex activities will be delivered by Ardroy staff.

Intended Learning Outcomes:

This activity attempts to increase the environmental awareness of the participants, specifically looking at simple changes they can make in their lifestyle to reduce their impact on the planet. 'Change a little, change a lot'.

Procedure

This activity will be run as a round robin using 'stations'. The exact number of stations and nature of the round robin will be dictated by the group size, and organised by the instructor in advance.

A short video presentation will start the evening. (You can view it on Ardroy's YouTube Channel*). This will hopefully raise awareness of the current negative impact we are all having on the planet. They children must find out who can save the planet by the end of evening - the answer to which is in a locked box.

As eco warriors they complete up to four tasks (floor game, food miles, eco gadgets and plastic scavenger hunt) in order to get code letters. Code letters are given out as each task is completed. Once all the tasks have been completed all the groups must join their letters together which will tell them give them a clue (NEED HELP CALL ARG), helping them to get into the box. In order to call Arg (Ardroy's Eco Warrior) they will need to use a recycled bike to charge a phone and make the call. Arg will then give them another clue as to where the key is to open the box. What's inside the box? - wait and see....

Follow this link for full eco evening briefs

*Link for the eco evening video is as follows - www.youtube.com/watch?v=7M4bxw7K61k

Resources Required

All resources required for each activity will be set up for you in advance by Ardroy staff.

Night Walk

Assistance Required:

Assistance with the monitoring of the group as they go out for a walk at night.

Intended Learning Outcomes:

For many children, the experience of being out at night in an unlit environment is an unusual, if not new experience. Outcomes include at best a 'spiritual' experience (in the loosest sense of the world), but certainly a sensory experience, which will challenge their pre conceptions of being out in the dark.

Procedure

After a short briefing and equipment check the group will go for walk adjacent to the centre grounds - stopping to take in the dark, tell stories, and possibly having a few moments of complete silence 'magic spots'.

The exact route to take will be determined by the instructor(s).

The evening concludes with a discussion about the experience, and returning of waterproofs to the boot hall.

Resources Required

You will require waterproofs, wellies, and a torch. Ardroy have a limited supply, but if you have one of your own all the better. We will supply you with a high vis jacket and possibly a radio if the decision is made to work separately but adjacent to other groups.



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