

THE OUTDOORS PROJECT Autumn Term Activities 2019

Activity	Description	Focus Areas	Skill Areas Developed
Welcome Week Games Cone Head Invasion & Hot Potato	Creative, high energy and structured games session. Players have to work together, making tactical choices between rescuing fellow teammates or carrying on to try to win the game!	<ul style="list-style-type: none"> - Teamwork - Exercise - Gameplay 	<ul style="list-style-type: none"> - Practising communication skills - Sportsmanship Skills - Hand eye coordination skills - Stamina - Awareness of surroundings
Adventure Team Challenges Tanks & Holy Tarps	Exploring some of our Outdoors Project heroes, such as Ellen Macarthur and Sir Ranulph Fiennes. We worked on attributes such as resilience, courage and teamwork. We have a couple of challenges one called "Tanks" and "Holy Tarps" to explore this further.	<ul style="list-style-type: none"> - Teamwork - Gameplay 	<ul style="list-style-type: none"> - Communication Skills - Leadership Skills - Building Trust.
Storm Kettle & Nettle Tea Brewing	The stinging nettle is an amazing plant with many healing properties. We explored what these are, why plants have different defences and how to pick plants in a safe and sustainable way. Then we lit a fire and brewed them together using a Storm Kettle!	<ul style="list-style-type: none"> - Bushcraft & Fire lighting 	<ul style="list-style-type: none"> - Exploring Natural Environment - Exploring Healthy Eating - Benefits of Natural Medicines - Culinary skills - Risk Taking (Safely picking stinging nettles).
Nerf – Castle Capture & SOS Mission	In Castle Capture players need to work as a team to destroy the other teams castle one turret at a time whilst defending theirs! For SOS Mission players will need to hide from the secret assassins before they find them, last one standing wins! Nerf is high energy and a lot of fun for either enthusiasts or those who want to give it a go. (Only in participating schools)	<ul style="list-style-type: none"> - Exercise - Teamwork - Gameplay 	<ul style="list-style-type: none"> - Coordination development - Stamina - Awareness of Surroundings - Communication - Sportsmanship
Minecraft Mini World & Volcano Building	A creative and imagination driven session where members build their own natural worlds based on the Minecraft overworld using nature and clay complete with their own erupting volcanos! The infamous Minecraft character – The Creeper also made an appearance for an exciting game.	<ul style="list-style-type: none"> - Craft 	<ul style="list-style-type: none"> - Creativity & Imagination - Exploring Natural Environment - Natural ingredients reactions (Erupting Volcanos)
Viking Kubb	A lawn game with a gruesome past created by Vikings! We explore the history of this game and play together as teams. Opposing sides have to knock down each other's pieces in order to try and knock over the King and win the game. Don your Viking Helmets and begin!	<ul style="list-style-type: none"> - Tactical Gameplay 	<ul style="list-style-type: none"> - Hand Eye Coordination - Patience & Turn Taking - Teamwork
Blindfolded Walk	A classic trust and adventure challenge where the create an obstacle course with a single guide rope running around it. Players are then blindfolded and have to rely on their partners to navigate them safely around. A chance for reflection after on using our senses and placing trust in others.	<ul style="list-style-type: none"> - Practical problem solving Challenge 	<ul style="list-style-type: none"> - Trust building - Communication Skills - Sensory Development - Creativity
THE RANDOMIZER	A mysterious box filled with challenges and games for players to try and overcome. A lucky dip determines the activity and then the clock starts ticking. Players then have to try and complete the task within the time limit.	<ul style="list-style-type: none"> - Gameplay & Problem Solving Challenges 	<ul style="list-style-type: none"> - Working under time pressures - Communication & teamwork - Reviewing and reflection of outcome.
Apache Indian "Lahal" Game	A traditional game played by tribes throughout the Southwest Native America's. Explore the history and traditions of this culture then we craft our own sets to challenge other players. Players pair up and drop sticks hoping for a certain order to appear. They play with dried butter beans and the winner is the one with the most at the end! A great game to show your family & friends, very calm and entertaining.	<ul style="list-style-type: none"> - Tactical Game Play - Craft 	<ul style="list-style-type: none"> - Exploring cultures - Creativity - Basic mathematics skills - Playing one on one.

Viking Pinch Pots	Pottery was an essential skill for a travelling Viking. We'll practise pinch pottery craft and take inspiration from Runes, Norse patterns and the Norse alphabet to personalise our pots with.	- Craft	<ul style="list-style-type: none"> - Creativity - Sensory Development - Culture & History - Natural Materials and Tools
Marshmallow Toasting	A relaxed session where we get to hang out by the camp fire, toast some tasty treats and play adventure games.	- Bushcraft Fire Lighting	<ul style="list-style-type: none"> - Fire safety - Fire lighting techniques - Exploring different experiences and food.
Shelter Building	Exploring survival skills in this challenge the group must try and build a shelter suitable to protect them from the elements using only the resources provided. Then everyone to hide in their shelters whilst we rate their survival skills and then play some survival games!	- Bushcraft – Survival Shelter Building	<ul style="list-style-type: none"> - Survival Skills & Bushcraft - Teamwork - Tools and Materials use - Knotwork.