

# Challenge Adventure Group Program January to April 2014

---



## Notes to the program:

Due to the weather we have been having and may have in the future the program could change at short notice. Please make sure to check your email or the website before attending each week for any updates.

## Smalls Program

The program has been designed specifically for your group – lots of activities in Bickenhill but lots out and about as well! Get stuck in and enjoy, if you have any questions about what's going on and the answer isn't in the program, just ask.

## Bigs Program

This term we are concentrating on Expedition Training. How that goes relies entirely on you and your progress towards success in the summer. Come with an attitude to get stuck in and we will be able to get it done in as short a time as possible and carry out some fun activities elsewhere.

## The Chris Colling Trophy

Each term we award the trophy to the member who makes the most significant contribution to the group and gains the most from it. Could it be you? Work hard and good luck!

## Team Award

Each team will earn points throughout the term for anything worth winning points for: good behaviour, hard work and enthusiasm etc. The team with the most points at the end of term will win a prize of a night or day out somewhere!

## Trips

Expedition Training trip to Shropshire in March – Details of all other trips to be announced shortly.

# Challenge Adventure Group Program January to April 2014



Week	Group	Activity							
		7.00 -7.15	7.15 – 7.30	7.30 – 7.45	7.45 - 8.00	8.00 – 8.15	8.15 – 8.30	8.30 – 8.45	8.45 – 9.00
W1) Tuesday, 14th January	Smalls	Welcome & Registration	New Term Info & Setup	Intro to Term, Responsibilities to each other, Game			Game	Clear up, go home	
	D of E - Bronze			Setup of Expedition Training plans for term					
	D of E - Silver			Setup of program for next award level, completion of program for previous award level, requirements of completing the award and attending CAG					
	Yr 11			Take part & run games for other age groups, D of E catchup					
W2) Tuesday, 21st January	Smalls	Welcome & Registration	Plan Hampton Nav: Plan route for night expedition from Hampton to Knowle						Clear up, go home
	D of E - Bronze		Expedition Training: Introduction & Re-acquaintance to OS Maps			Expedition Training: Stove Safety & Use			
	D of E - Silver								
	Yr 11		Assist with Smalls doing Hampton Nav assist with all aspects of planning expedition. Ensure all equipment, food and route planning is correct for event.						
W3) Tuesday, 28th January	Smalls	Welcome & Registration	Carry out Hampton Nav						Clear up, go home
	D of E - Bronze		Expedition Training: Navigating using maps						
	D of E - Silver								
	Yr 11		Mentor Smalls on Hampton Nav						
W4) Tuesday, 4th February	Smalls	Welcome & Registration;	Tea Light Ovens: Make a cake from scratch with just a box, some foil, some candles and a cake mix!						Clear up, go home

	D of E - Bronze	Meeting for Ski group to hand in passports and EHIC	Expedition Training: First Aid			
	D of E - Silver					
	Yr 11		Make sure D of E is up to date: one on one sessions with Simon			
W5) Tuesday, 11th February	Smalls	Ackers Skiing 7.30 - 8.30 at Ackers. Lessons for those who need them.				
	D of E - Bronze					
	D of E - Silver					
	Yr 11					
W6) Tuesday, 25th February	Smalls	Swimming Pool Games at Archbishop Ilseley School Meet at Archbsihop Ilseley School, Shirley Road entrance at 7pm				
	D of E - Bronze	Welcome & Registration	Expedition Training: Hazards & Risk Assessment	Expedition Training: Menu Planning Bring examples of a menu and food you would consider for a two day (one night) expedition.	Clear up, go home	
	D of E - Silver					
	Yr 11		Swimming pool games or D of E One to One sessions.			
W7) Tuesday, 4th March	Smalls	Welcome & Registration	Pancake night - on outdoor stoves Create an award winning pancake from scratch!! Prize is an Award Winning Pancake cooked by an award winning chef!			Clear up, go home
	D of E - Bronze		Expedition Training: Practice Route Planning for weekend expedition All participants will complete and must have a practice route for their weekend expedition.			
	D of E - Silver					
	Yr 11		Assist with above activities. Plan wide game for Smalls for 18th March.			
Saturday 8th March	All	Paintball Day for Team Winners				
W8) Tuesday, 11th March	Smalls	Old sils shooting Range - led by Old Sils Club members.				

	D of E - Bronze	Welcome & Registration	Expedition Training: Practice Route Planning for weekend expedition All participants must have a practice route for their weekend expedition <b>completed</b> by the end of this session.		Expedition Training: Equipment Issue, Backpack packing Equipment issued to teams for weekend expedition. All participants to bring rucksacks to pack with kit for weekend. All to learn how to fit and carry a rucksack		
	D of E - Silver						
	Yr 11		Assist other activities; Plan wide game for Smalls to run next week				
15th - 16th March	All	Expedition Training: Initial overnight D of E Exercise: A practice overnight hike to get used to D of E requirements for <b>ALL Bronze &amp; Silver</b> available D of E participants and any non D of E participants who want to participate. This will include carrying all equipment required for an expedition and camping for 2 nights.					
W9) Tuesday, 18th March	Smalls	Welcome & Registration	Wide Game: Dorridge Park, Hay Wood or Bickenhill			Clear up, go home	
	D of E - Bronze		Expedition Training: Equipment Return All equipment to be returned <b>CLEAN AND IN THE SAME OR BETTER CONDITION THAN IT WAS ISSUED.</b>		Expedition Training: Expedition Debrief		
	D of E - Silver						
	Yr 11		Run the planned Wide Game for Smalls				
W10) Tuesday, 25th March	Smalls	Welcome & Registration	First Aid - Basic first aid tests!!		Game - Run by Year 12	Clear up, go home	
	D of E - Bronze		D of E catchup sessions	Expedition Training: Weather Awareness			
	D of E - Silver						
	Yr 11		D of E catch up session / Assist First Aid activity				
W11) Tuesday, 1st April	Smalls	Golf Driving Range Challenge: Meet at Four Ashes Driving Range					
	D of E - Bronze	Welcome & Registration	Expedition Training: Emergency Procedures		Expedition Training: Country Code & Ensuring Success	Clear up, go home	
	D of E - Silver						
	Yr 11	Golf Driving Range Challenge: Meet at Four Ashes Driving Range					
W12) Tuesday, 8th April	Smalls	Creation climbing: Meet at Creation Climbing in Moseley					

D of E - Bronze	Welcome & Registration	Expedition Training: Aim of the Expedition: A project to do while on the expedition.	Plan D of E Assessment Routes	Clear up, go home
D of E - Silver				
Yr 11	Creation climbing			