

World Challenge Expeditions

Royal Grammar School

Year 7 Personal Development Programme, Buxton July 2008

Team 1

Time	Day 1	Day 2	Day 3
early		Breakfast and decamp	Breakfast at Centre and vacate rooms
0900 - 0930		Transport to Canal	
0930 - 1000		Kayaking Session on the Peak Forest Canal	Low Ropes Course then clean and return kit
1000 - 1030			
1030 - 1100			
1100 - 1130			
1130 - 1200			Final review and certificates To include transfer of learning
1200 - 1230	Introduction Welcome brief, orientation, ice breakers and expectations	Adventure Trek The Team will be trained on various scenarios, such as first aid, casualty evacuation, lost procedures, navigation, team morale and the country code	Depart
1230 - 1300			
1300 - 1330	Packed lunch at the Centre		
1330 - 1400			
1400 - 1430	Expedition planning and preparation Itinerary outline, appointments, catering needs and shopping, packing and teamwork discussion		
1430 - 1500			
1500 - 1530			
1530 - 1600	Climbing at Windgather Rocks		
1600 - 1630			
1630 - 1700			Orienteering
1700 - 1730			
1730 - 1800			
1800 - 1830		Transport to Centre	
1830 - 1900	Establish camp and cook evening meal	Evening meal in the Centre	
1900 - 1930		Evening activity EL & teacher discretion	
1930 - 2000			
2000 - 2030	Evening activity EL & teacher discretion		
2030 - 2100		Daily review	
Eve	Daily review	Sleep in the Centre	
	Camping at Moss House Farm		