

Challenge Week 2019

CHALLENGE WEEK 2019

MONDAY 1ST - THURSDAY 4TH JULY

Welcome to Challenge Week 2019! Challenge Week will take place from Monday 1st - Thursday 4th July 2019. All students in Years 7, 8 and 9 will have the opportunity to take part in a range of activities that are not normally on offer as part of the standard curriculum. Friday 5th July will be spent in school where students will review their activity and prepare for the launch of the new academic year's timetable on Monday 8th July.

Challenge Week is an integral part of students' education at Plympton Academy: it is a special week offering huge opportunities to extend and enrich their curriculum experience. Each student will be able to take part in 1 activity lasting over 4 days (Monday - Thursday) or 2 different activities, split over 2 days (Monday - Tuesday and Wednesday - Thursday).

Please take time to read through the booklet carefully. Some activities will require early departures from the academy and will return late in the evening. It is important that students can make their way safely to and from the academy at these times if they pick these activities. If a student is in receipt of free school meals, these will be ordered in advance for them.

Make sure you discuss your choices with both friends and family. There are over 500 students in Years 7-9 and, whilst our aim is to allocate every student to their first choice, this cannot be guaranteed. It is therefore important that students select a second and third choice in case their first is oversubscribed. Students cannot opt for part of an activity and must accept the whole package where different daily activities are involved. As some activities will require a minimum number to run, please be aware that it may be necessary to cancel an activity should not enough interest be shown.

Once students have made their selection, they need to complete the booking form at the back of this booklet, detach it and return it to Student Services. The deadline for returns is Friday 14th December.

Please note that forms will be returned to students if they have not selected at least two choices or if a parent / guardian's signature has not been obtained. In addition, we reserve the right to make changes to the schedule of an activity, should it be deemed appropriate to do so. Students who return their form after the deadline may find that they do not receive any of their choices.

Attendance

Attendance during this week is not optional as it is part of our academy term. In line with normal procedures, a reason for non-attendance would be required since we have to provide details of all unauthorised absences to the Education Welfare Officer.

Cost

The cost of each activity is shown, but please be aware that this is based on the maximum amount of students for the activity taking part and are correct as of December 2018. Therefore, they are subject to change (for example, due to increased transport costs per person if fewer students take part).

Behaviour

Naturally, we expect students to maintain a high standard of behaviour during the week. All students should be aware that taking part in Challenge Week is dependent on a good behavioural record.

We have already build up a good reputation with the activity providers that we will be using and the coach companies. If we feel that a student is behaving in an unacceptable and potentially dangerous manner, they will be withdrawn from the activity. If this is the case, a refund will be unlikely and parents/guardians may be required to collect them from where the activity is taking place.

Payment

Request for payment will be sent during the week beginning Monday 14th January. Payments should be made via the ParentPay facility used at Plympton Academy. Deposits can be paid as soon as you have received confirmation of your child's activity. The deadline for deposit payments is Friday 1st February.

For higher cost activities, we can accept payments by installment after the deposit has been received, or if you wish to pay the balance in full then you may do so. All payments must be made in full by Friday 5th April. Please note, that we are unable to refund any deposits or payments if a student wishes to change activity as payments will have already been made to external providers. If an activity is missed due to illness, then a medical certificate would need to be seen in order to process a refund. The costings for these activities have been worked out as accurately as possible with the aim of the activity breaking even. In the unlikely event of a surplus less than £3 per student remaining, once all bills are settled, unless we hear from you to the contrary we will retain it for the general benefit of the students.

If you have any questions about an activity you are interested in, please get in touch with the activity leader in the first instance. If you have any questions about the week in general, please contact Kerry Mason at masonk@plympton.academy. Activity leaders will be sending out detailed information about their activity during the week beginning Monday 3rd June.

For on-site activities, the Plympton Academy Diner will be open at break and lunchtime, offering a reduced service. For off-site activities, students will need to bring a packed lunch with them, or there will be opportunities to buy food. The trip leaders will confirm this with you nearer the time.

Yours sincerely,

The Challenge Week Coordination Team
(Mr Ian Hartley; Ms Kerry Mason and the Activity Leaders)

FOUR DAY ACTIVITY OPTIONS

A Week of Adventure		AWA
Lead Staff: Ms Kerr	Cost: £180 (Deposit £30)	Maximum Number: 32
<p>If you have a taste for adventure, then this is the activity for you. The majority of the week will be spent in a harness as you swing from trees whilst tree surfing; scale climbing walls in The Barn and take on the giant zip wire and swing at Adrenalin Quarry. When not dangling off a rope, you will be getting wet taking on both the coastering course and the 'blob' at Adrenalin Quarry. It's a week of adventurous activities that will see you scale new heights. Timings still have to be confirmed for these days, and it is possible that they will start before the normal school day and finish later than 3pm. You will need to bring a packed lunch with you each day.</p>		

Animal Magic		AMA
Lead Staff: Ms Madderson	Cost: Free	Maximum Number: 16
<p>Each morning will be spent looking after the donkeys at the sanctuary in Ivybridge, meeting and working with Wayne, Garth, Pooh and Eeyore. You will get to feed and groom them and learn about the importance of stable management and pick up their poo! If you are thinking about a career working with animals, then this will be an ideal activity for you to choose. The afternoons will be spent making a digital video and scrapbook recording your experiences, that will act as a long lasting souvenir of your experiences.</p>		

Mini Adventure (4 day option)		MA4
Lead Staff: Ms Johns	Cost: £145 (Deposit £30)	Maximum Number: 80
<p>If 'A Week of Adventure' seems a little too adventurous, how about a mini adventure instead? You will spend 2 days at the Ultimate Adventure centre in Bideford completing the Total Wipeout style obstacle course; mountain boarding and the high ropes course. On Wednesday we will be Tree Surfing at the Tamar Trails centre and finishing the week with a visit to Crealy near Exeter. On Monday and Tuesday, we will be departing from the academy at 8:00am and returning at approximately 5:00pm. These activities are also offered as 2x2 day options, with a maximum of 80 students on each day. You will need to bring a packed lunch with you each day.</p>		

Netball		NBA
Lead Staff: Ms Luke	Cost: £25 (Deposit £5)	Maximum Number: 30
<p>A four day activity to improve confidence; teamwork and self esteem through netball and team activities. Everyone will have the opportunity to achieve personal goals and succeed whilst having fun, competing and relaxing. Activities include netball training and matches; a slumber afternoon party; cooking; fitness, sport recovery, facials and quizzes.</p>		

On Your Bike		OBE
Lead Staff: Dr Knight	Cost: £5 (Deposit £5)	Maximum Number: 40
<p>This popular activity returns for another year, giving you the opportunity to explore the local area by bike. Each day we will explore the local area on circular routes which begin and end at the academy. We will be riding along the Plym Trail to Jennycliff; around Burrator reservoir; cycling to Wembury Beach and touring the South Hams including Brixton; Yealmpton and Noss Mayo. You will need to have your own bike and helmet and will need to bring a packed lunch with you each day.</p>		

Splash		SPL
Lead Staff: Mr Quiterio	Cost: £85 (Deposit £25)	Maximum Number: 14
<p>If you live by the motto 'the wetter the better', then this week is for you. You will spend 2 days Open Water swimming, launching from Royal William Yard led by a qualified coach who will help you to develop your swimming technique and either learning how to SUP or developing your technique. As part of the week we will also visit QuayWest waterpark and the Inflatable Obstacles at Adrenalin Quarry. As this is a water based activity, you must be able to confidently swim 50m unaided. You will need to bring a packed lunch with you each day.</p>		

Sport Leadership		SLE
Lead Staff: Mr Taylor	Cost: £30 (Deposit £5)	Maximum Number: 18
<p>If you are currently studying (or thinking of studying) BTEC Sport, then this is the perfect activity for you. During the week you will be trying out various sports and working towards qualifications in them including Junior Umpire in Table Tennis and Junior Leader in Dodgeball. There will be the opportunity to gain a Mountain Biking qualification (depending on the group's ability) and working with the Plymouth Primary Sports Partnership to develop coaching and leadership skills.</p>		

Wizarding World of Harry Potter		WHP
Lead Staff: Ms Jones	Cost: £80 (Deposit £25)	Maximum Number: 25
<p>Think you should be attending Hogwarts rather than Plympton Academy? Well, this is your chance. We will be transforming the academy into a mini-Hogwarts with lessons on wand-making; spell casting and more. One day will be spent at the Harry Potter studio tour, where you will get to visit the Great Hall; Gryffindor Common Room; Spells classroom and Hagrid's hut as well as seeing the actual costumes and props that were used in the films. On the day of the studio tour, we will be leaving the academy early and returning late in the evening.</p>		

TWO DAY ACTIVITIES

Art and Design		ADE
Lead Staff: Ms Romanski	Cost: £5 (Deposit £5)	Maximum Number: 30
<p>This workshop is perfect for those who think that their Art lessons are not long enough! Working with the art department you will have a chance to develop your artistic and design skills using a range of media. Whether it is creating a large statement piece or a small intricate piece of work, unleash your creativity and see what you can produce.</p>		

Canoeing 1* award		CA1
Lead Staff: Ms Clark	Cost: £75 (Deposit £25)	Maximum Number: 24
<p>Over 2 days you will work with instructors from the Mount Batten centre to gain your 1* canoeing award. You will learn a variety of paddle strokes and become confident controlling your canoe on the water, paddling forwards, backwards and sideways. Due to the nature of this activity you need to be able to swim 50m unaided.</p>		

Dance Workshop (Monday and Tuesday only)		DAW
Lead Staff: Ms Thomas	Cost: £25 (Deposit £5)	Maximum Number: 30
<p>This two day workshop will see students working alongside Plympton Academy staff and a professional dance company to devise and perform an original piece of work over 2 days. This is an excellent opportunity for those who are currently studying or thinking of BTEC Performing Arts</p>		

DIY SOS		DIY
Lead Staff: Mr Glanville	Cost: FREE	Maximum Number: 20
<p>If Nick Knowles and his DIY SOS team inspire you, and you prefer practical, hands-on activities, then DIY SOS is for you. Working with Mr Glanville and Ms Whetman you will develop a variety of DIY Skills to produce / restore furniture and learn decorating techniques that will inspire you to carry out your own projects at home!</p>		

Drama Workshop		DRA
Lead Staff: Ms Crook	Cost: £5 (Full Payment)	Maximum Number: 30
<p>Spend two days in the Performing Arts department working alongside professionals from the industry including theatre groups and those involved in technical aspects behind the scenes. This is a great opportunity to find out more about the Performing Arts industry and would be a great enhancement activity for those studying or thinking of studying any performing arts course at GCSE / A Level.</p>		

Football Academy		FTB
Lead Staff: Mr Westall	Cost: £15 (Deposit £5)	Maximum Number: 32
<p>Are you someone who can never get enough football? Could you be the next Messi or Ronaldo? Then this is the activity for you. You will spend time receiving coaching from FA qualified coaches in order to improve your skills, take part in penalty competitions and compete in 5-a-side tournaments. A visit to Plymouth Argyle Stadium is also part of the plan.</p>		

Health and Beauty		HBE
Lead Staff: Ms Hooper	Cost: £20 (Deposit £5)	Maximum Number: 25
<p>This two day workshop will give you a variety of techniques to both look and feel good. From makeup and styling tips; hints on skin-care and a beauty routine to strategies that will help you to de-stress and unwind. These two days will help you to look good and feel good.</p>		

Horrible Histories		HHS
Lead Staff: Ms Brake	Cost: £10 (Deposit £5)	Maximum Number: 16
<p>Create your own 'horrible' history - for example: recreate the symptoms of the Black Death or create your own sarcophagus of Tutankhamun. If that doesn't take your fancy, what about making your own Saxon or Norman shield to use at our recreated Battle of Hastings? We will be using our experiences to go and explore the ruins of Plympton Castle and take a hunt (for 'horrible' treasure) around old Plympton St Maurice. On day two, we will be visiting the surroundings of Plymouth Hoe and looking out for 'horrible' pirates at the top of Smeaton's Tower and the Maritime Museum. We will picnic at the Hoe - so pack a 'horrible' picnic! Before playing some 'horrible' history games!</p>		

Mini Adventure Monday / Tuesday		MAA
Lead Staff: Ms Johns	Cost: £95 (Deposit £25)	Maximum Number: 80
<p>If a week of adventure seems a little too adventurous, how about a mini 2 day adventure instead? You will spend 2 days at the Ultimate Adventure centre in Bideford completing the Total Wipeout style obstacle course; mountain boarding and the high ropes course. We will be departing from the academy at 8:00am and returning at approximately 5:00pm. These activities are also offered as 4 day option, with a maximum of 80 students on each day. You will need to bring a packed lunch with you each day.</p>		

Mini Adventure Wednesday / Thursday		MAB
Lead Staff: Ms Johns	Cost: £50 (Deposit £5)	Maximum Number: 80
<p>If a week of adventure seems a little too adventurous, how about a mini 2 day adventure instead? On Wednesday we will be Tree Surfing at the Tamar Trails centre and on Thursday visiting to Crealy near Exeter. These activities are also offered as a 4 day options, with a maximum of 80 students on each day. You will need to bring a packed lunch with you each day.</p>		

Music Workshop		MUW
Lead Staff: Ms Clapson	Cost: £5 (Full Payment)	Maximum Number: 30
<p>Are you the next Ed Sheeran; Dua Lipa or Drake? This 2 day workshop will see you working with a variety of musical instruments and computer programmes to produce your own music. Starting with songwriting and production techniques you will compose your own song which will then be performed by the group before creating your own CD to keep.</p>		

Photography Workshop		PHW
Lead Staff: Ms Turner	Cost: £30 (Deposit £5)	Maximum Number: 24
<p>Instagram and Snapchat filters? Try going old-school and learn a variety of photographing techniques to produce stunning portraits; action shots or landscapes. You will explore a range of photography skills as you create a portfolio before printing your shots and displaying them in a variety of formats. This is a fantastic opportunity for those who are either studying or thinking of studying GCSE Photography to develop their techniques and understand what a career as a photographer / digital artist could be like.</p>		

Saddle Up: Beginners (Monday and Tuesday)		SUB
Lead Staff: Ms Pitcher	Cost: £75 (Deposit £25)	Maximum Number: 14
<p>Beginners or those with only a little experience of riding can sign up for our Monday and Tuesday session to have lots of fun, learn about looking after a horse and stable management and enjoy a riding lesson (day 1) or hack (day 2). Those who have not ridden before will be on a lead-rein. Travel to and from the stables will be by minibus. The stables are run by experienced, well qualified staff and have a range of horses to suit riders of different abilities. Students need to bring a packed lunch with them each day. Riding hats will be provided but suitable clothing and footwear must be worn.</p>		

Saddle up: Advanced (Wednesday and Thursday)		SUA
Lead Staff: Ms Pitcher	Cost: £75 (Deposit £5)	Maximum Number: 14
<p>If you are a more experienced rider, then join us for the Wednesday and Thursday. Students joining this group will be able to enjoy a coastal hack and a woodland ride as well as learning about stable management and pony care. Travel to and from the stables will be by minibus. The stables are run by experienced, well qualified staff and have a range of horses to suit riders of different abilities. Students need to bring a packed lunch with them each day. Riding hats will be provided but suitable clothing and footwear must be worn.</p>		

Science Investigations		SCI
Lead Staff: Ms Clark	Cost: £5 (Full Payment)	Maximum Number: 25
<p>If you think that science lessons could be easily improved by removing the writing and adding explosions then this activity is for you. You will spend two days participating in a variety of scientific experiments working individually and in small groups testing chemical reactions;</p>		

Surf's Up		SUP
Lead Staff: Mr Price	Cost: £45 (Deposit £5)	Maximum Number: 16
<p>Do you love the ideas and challenge of riding the waves on a surfboard? Or maybe you are an experienced surfer and would like the opportunity to gain some tips from the experts. If the answer to any of this is YES, then the Surfing and Beach Games is for you! You will be based at Discovery Surf School at Bigbury Bay. All sessions include an introduction to surfing; including important information on beach safety and basic surfing knowledge. You will be standing up and riding the waves and, for the experts, a chance to practice your skills at one of Devon's best surfing beaches. We will also find time for FUN beach games: Cricket, Volleyball, Rounders, Kite Flying and Frisbee....and more! A positive attitude. love of the sea and beach is a must!! Due to the nature of the activity, you must be able to swim 50m unaided. All equipment will be provided, although you can bring your own wetsuit and/or board. You will be provided with a list of items you need to bring with you before the activity begins.</p>		

CHALLENGE WEEK 2019 BOOKING FORM

Please tear this page and return this form via your form tutor to student services. Do not include deposits at this stage.

Name:	Tutor Group
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Code	Activity	Activities (preference order)				
		1st	2nd	3rd	4th	5th
Four Day Activities						
AWA	A Week of Adventure					
AMA	Animal Magic					
MA4	Mini Adventure (4 Day)					
NBA	Netball					
OBE	On Your Bike					
SPL	Splash					
SLE	Sports Leadership					
WHP	Wizarding World of Harry Potter					
Two Day Activities						
ADE	Art and Design					
CA1	Canoeing 1*					
DAW	Dance Workshop					
DIY	DIY SOS					
DRA	Drama Workshop					
FTB	Football Academy					
HBE	Health and Beauty					
HHS	Horrible Histories					
MAA	Mini Adventure (Monday / Tuesday)					
MAB	Mini Adventure (Wednesday / Thursday)					
MUW	Music Workshop					
PHW	Photography Workshop					
SUB	Saddle Up - Beginners					
SUA	Saddle Up - Advanced					
SCI	Science Investigations					
SUP	Surfs Up					

The completed form must be signed by parents/carers. Once handed in you **will not** be able to change your choices.

- Note that your signature:
- (a) commits you to the activities you have chosen.
 - (b) commits you to pay for those activities.
 - (c) commits you to the behaviour that is required.

Parent Guardian Signature _____ Date _____