



GWC
GRAFHAM WATER CENTRE

TEACHER LED EVENING ACTIVITIES

Fill your evenings with even more fun with teacher led evening activities

Important Phone Numbers

On-Call (17:30-08:30) - 07717697686



EVENING ACTIVITY PACK

Useful information about your stay



Free Time

There are a number of free time activities for groups. These are not supervised by Grafham Water Centre staff. Non adventurous activities include:

1. Volley ball kits
2. Table tennis kits
3. Rounders / Quick cricket
4. Boules
5. Giant Jenga
6. TV and DVD player
7. Projectors
8. Quiz

These are all available to be booked out. Please contact your Course Director in the first instance.

Activity Safety

Below is a list of generic safety points that you should consider for each activity, some of the activities also have 'Specific Safety Points' which you should also take note of:

- All safety areas should be checked for sharp objects such as flints and branches before the activity is used.
- All activity apparatus should be checked before use, checking for breaks or obstructions.
- Helmets can be worn on any of the activities if you feel it is appropriate for your group.
- Jewellery that could get caught during activities should be removed, tell the participants that you recommend that they remove any 'dangly' jewellery or body piercings.

About these activities

- These are all problem-based team challenges. They can be used as tools for developing both interpersonal and practical skills, confidence, and teamwork.
- There is no right or wrong way to use these activities.
- There are no set timings for these activities, as the facilitator you must decide how long is appropriate for the group you have.

GRAFHAM CHALLENGE

Evening Activity



Blind Folded Obstacle Course

- The aim is for the whole group to make it through the course together
- Keep your left hand on the rope which leads you through the course
- Place your right hand on the shoulder of the person in front of you
- Listen to the person in front of you. They will tell you what is coming up and what to do
- Tell the person behind you what is coming up and what to do.
- If you get separated tell the person in front of you to stop
- Make sure you know who is behind you and who is in front of you



- Duration: 1.5 hours
- Objectives: Bravery, Encouragement, Self-Confidence, Trust, Support, Communication, Resilience, Safety, Teamwork, Engagement, Attainment, Relationships, Planning, Motivation
- Equipment Needed: Blindfolds; a hoody/coat backwards, buff or snood,

PROBLEM SOLVING

Evening Activity



Variety of through provoking exercises

- Ask your course director for the Problem-Solving folder and to be shown the cupboard where the equipment is
- The tasks have been designed to highlight specific training needs and allowing effectiveness in achieving objectives.
- There are a variety of activities that use different skills such as communication, conflict management and decision making
- There are some activities for outdoors and plenty that can be done from the comfort from your lounge



- Duration: 5 minutes to 5 hours
- Objectives: Encouragement, Self-confidence, Support, Resilience, Safety, Teamwork, Communication, Engagement, Attainment, Relationships, Planning, Motivation.
- Resources: There is a folder in the Problem-Solving cupboard

ORIENTEERING

Evening Activity



Map skills

- Start with how to orientate the map
- The aim is to find as many answers as possible to the clues on your question sheet in the allotted time
- Each group gets one map, one marker, and one answer sheet.
- **No clues** are on the road, **inside**, **offsite** or **in the water** so stay away from those places
- Groups MUST be a minimum of three so, if gets hurt, at least one team member can stay while at least one other goes and gets help.
- We have two quizzes: one with odd numbers and one with even numbers
- Set up a base that participants return to either get the next clue or find leaders in an emergency.



- Duration: Up to 2 hours
- Objectives: Teamwork, Independence, Resilience, Encouragement, Trust, Attainment, Relationships, Engagement, Leadership, Communication
- Resources: Orienteering box; ask Course Director or On Call staff.

LOW ROPES

Evening Activity



Agility Course

- Participants may not climb above head height.
- Participants must keep fingers always clear of metal circles.
- There can only be six participants on each element. An element is an area between two poles.
- Participants must lower the hanging vertical poles, instead of letting them go.
- Some participants may struggle with Low Ropes as it requires a lot of upper body strength relative to weight, so be mindful of your groups' ability level before choosing your activity.



- Duration: Half hour or more
- Objectives: Safety, Teamwork, Communication, Engagement, Attainment, Relationships, Planning, Motivation
- Resources: Cones, Balls, water, Low ropes course

LOW ROPES

Evening Activity



Games

Crossover

- Get the group into pairs – each pair choose an element. They start at different ends and then crossover to swap ends.
- To progress: get them in threes, fours, fives, etc; add more elements as you add people

Order up

- On one or two sections get the group to move into a specific order – e.g. names, house number, birthdays, etc.

Shipwreck

- The group helps each other from a set of boards or platform to another using a set of swinging rope.
- To progress – reduce the size of the safe area, increase the distance that they have to bridge

Chain Games

- Pass a tennis ball(s) under chins/ hand to hand around the course so they will need to stay close together. Get the group to form a human chain at the signal from the teachers.

Cone Challenges

- Cups and Saucers – get all cones turned the same way without touching the floor

Ravenous Rhinos

- Split the group into teams, whoever collects the most cones wins

Water Challenges

- Fill the holey tube.
- Participants must block the holes with their hands.
- They must get water from the start point to fill the tube.
- They can use whatever they need to fill it, water bottles, cups, hands, etc.
- To progress – Place a ping pong ball inside the tube for them to rescue, move the starting point, people are immobile while holding water, only use certain elements.

Dead Ants

- The group walk around the outside of the course and follow the instructions given by the instructor.
- Low Ropes – Walking, Dead Ants, Walk like an Egyptian, Be a Chicken etc.
- Last person on after a Low Ropes call are knocked out becomes a judge.

PARACHUTE GAMES

Evening Activity



Making Waves

- Young people can make small, medium, or large movements to make various types of “waves”. You can incorporate a story about a ship on the sea, weather, etc. and/or use your voice as a tool to emphasize directives.

Parachute Tag

- Lift the parachute high in the air. Call out two names. They must trade empty spots before the parachute comes down on them.

Shoe Shuffle

- Number off. All a selected number take one shoe off and throw it under the parachute. On the count of three raise the chute and those young people must find their shoe and get out before the parachute falls.

Bouncing Balls

- Have one or two young people under the chute trying to hit the balls as they touch the surface, knocking them off the top of the chute.

Parachute Tag

- Lift the parachute high overhead. Call one child's name and have them run/hop/skip/crawl/twirl/jump to the other side before the parachute comes down and tags them.

Shark Attack

- Everyone sits with legs stretched out underneath the chute, which is held chest high. One or two young people are sharks and crawl around under the parachute and try to grab peoples' legs to pull them under the chute.

Turtle

- The parachute becomes a giant turtle shell with everyone underneath it on hands and knees. Everyone must cooperate and work together to get the turtle to move about.

- Duration: Unlimited
- Objectives: Encouragement, Self-confidence, Safety, Teamwork, Communication, Engagement, Relationships, Motivation
- Resources: ask Course Director for parachute