

The English Plus+ programme provides students with the opportunity to take part in optional extra activity courses on two afternoons a week. On the other days of the week, all students will follow the Multi-Activity programme.

Adventure Sports

Our Adventure Sports programme is an excellent programme to develop confidence and teamwork. Students will take part in a series of action-packed activities on land and in water, all carefully selected to combine thrills and adventure, in a safe environment. Typical activities include high ropes course, kayaking, windsurfing, paintballing, bushcraft, raft building and wall climbing.

Where does the course take place?

The Adventure Sports option takes place in various locations offsite and all transport is included.

Who will lead the course?

Activities are led by qualified instructors in the specified activity, and at least one member of SBC staff will accompany the group.

What do students need to bring?

Some activities require trousers, long sleeved clothes and closed toed shoes/trainers regardless of the weather. For water-based activities students will need to take a change of clothes and a towel. Students will be told what specific clothing to bring for the day's activity the day before. All other equipment, including safety equipment, will be provided by the activity venue. It is not necessary for students to be able to swim as life vests are provided, but students should be comfortable in and around water.

Parents/ Guardians will need to complete the 'Adventure Sports Consent Form' to allow the student to take part in this course – this form will be provided by the Admissions Team.



Adventure Sports

2023 Programme



19th July	High Ropes Students can challenge their bravery with an aerial obstacle course consisting of challenges such as a drawbridge, a climbing traverse and swinging platforms.
20th July	Paintballing Take part in a series of fun missions and games to eliminate opponents from play by hitting them with paint balls (spherical dye-filled capsules that break upon impact).
26th July	Wall Climbing Students will have the opportunity to try out different kinds of climbs and climbing games at an indoor climbing centre. There are routes to challenge all levels from beginner to regular climber.
27th July	Windsurfing Students will challenge their skill, agility and determination by learning how to windsurf at South Cerney Waterpark.
2nd August	Paintballing Take part in a series of fun missions and games to eliminate opponents from play by hitting them with paint balls (spherical dye-filled capsules that break upon impact).
3rd August	Paddleboarding Paddleboarding is a fun, full bodied watersport where students will learn how to steer and navigate their paddleboard at South Cerney Waterpark, helping develop their balance, skill and coordination.
9th August	Wall Climbing Students will have the opportunity to try out different kinds of climbs and climbing games at an indoor climbing centre. There are routes to challenge all levels from beginner to regular climber.
10th August	Bushcraft Students will learn bushcraft skills from outdoor adventure experts who have travelled the world, including how to forage for useful natural materials, how to build and how to light campfires.

Please note the activities above may be subject to change.