

Our English Plus courses provide students with an opportunity to engage in exciting new activities and classes or to develop existing interests and skills. Each weekly course is six hours in total, replacing the Multi-Activity Programme on two days per week.



# Adventure Sports

On our English Plus Adventure Sports programme, students will have the opportunity to try water- and land-based adventure activities, carefully selected to allow thrill-seeking fun in a safe environment. Through these activities students will develop independence, confidence, and teamwork skills, while exploring the outdoors and having fun. Activities may include kayaking, paddleboarding, indoor climbing, and paintballing.

## At A Glance

**Location:** Various offsite locations

**Times:** 6 hours per week

**Levels:** All abilities. Students should be comfortable in water-based activities – life vests are provided.

**Fee:** £275 per week

**Dates:** Weeks beginning 15th, 22nd, 29th July, and 5th August

**Ages:** 13-16

## Course Aims

This course aims to develop our students':

### Confidence

Students will expand their comfort zones by overcoming fear, and have fun doing so.

### Patience and a growth mindset

Students will develop the belief that they are able to learn new skills and improve their abilities through continually putting in effort.

### Spatial awareness

Activities such as kayaking and climbing require students to be aware of their surroundings and the ways in which they interact with the world around them, fine-tuning their sense of spatial awareness.

### Teamwork

Activities such as paintballing will require students to work together, figuring out strategies to defeat the opposing team.

### Assessing risk

Students will learn to assess risk in a safe and controlled environment, challenging themselves to do things they may find scary, but will feel proud of doing afterwards.



# Adventure Sports



## Who will lead the course?

All English Plus Adventure Sports activities will be led by qualified instructors, and at least one member of SBC staff will accompany the group.

## What do students need to bring?

Students will need to bring clothes and trainers that they do not mind getting wet and dirty. For water-based activities, students will need to bring swimwear, a towel, and suitable footwear to walk a short distance from changing rooms to the water, such as sandals or flip flops.

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.

