



First Challenge - 5 Day

Factsheet

This course is aimed at primary school pupils and offers an exciting mix of adventure, learning, challenge and fun.

The First Challenge programme is designed to offer a powerful mixture of adventure, self discovery, learning and fun. Through a wide range of activities pupils will discover more about themselves whilst acquiring many of the skills and attributes that they will need in order to make the most of the new opportunities accompanying their move to secondary education.

Your course will follow structured progressions using an appropriate range of activities presented in a safe and supportive environment. The activities are complemented by reflective reviewing to help your pupils to acquire a range of transferable skills that they can use in their transition to secondary school. When you arrive at the centre, your pupils will be divided into groups of up to twelve and will be met by an experienced instructor who will guide them through the course. Each group will undertake a range of activities that are carefully chosen to enable them to achieve the learning objectives below, directly linked to the Curriculum for Excellence.

Outward Bound® courses are designed to help enable young people to become:

Successful learners

- › Increase confidence and independence
- › Enjoy and experience new adventures

Responsible citizens

- › Understand more about the natural environment

Confident individuals

- › Develop collective responsibility and understand the importance of looking after each other
- › Develop a sense of personal responsibility
- › Increase confidence and independence
- › Enjoy and experience new adventures

Effective contributors

- › Develop collective responsibility and understand the importance of looking after each other
- › Increase confidence and independence

Project

The project day will help your pupils to gain practical experience of exploring new surroundings. The content will provide an opportunity to investigate the blend of historical, geographical and cultural factors that help to shape any community. There is an option for school teachers to deliver the project day. If this is chosen, then an Outward Bound instructor will set the scene and provide a comprehensive resource pack to ensure that the project provides a powerful, practical learning experience that your pupils will be able to carry with them into any new surroundings in the future.

Key facts

Year group: P6–7

Duration: 5 days; Monday - Friday

Location: Aberdovey, Wales / Ullswater, England / Howtown, England / Loch Eil, Scotland

Sample programme: First Challenge (five-day)*

All courses start and finish at 1pm

	7am	9am	1pm	5pm	7pm	8:30pm	10:30pm	11pm
	UP	GROUP GATHERING	LEARNING OUTCOMES / ACTIVITIES	DINNER & FREE TIME	LEARNING OUTCOMES/ ACTIVITIES	FREE TIME & PREP	DORMS	
MON			ARRIVE / Setting the Scene Introductions / Tour of centre Centre grounds / Challenge Activities		Hopes & fears, starting your adventure Problem solving tasks			
TUE		Looking after each other and being responsible - building self confidence Progressive challenge activities			Exploring the natural world Orienteering			
WED		Developing confidence and trust Rock climbing	Looking after each other Canoe journey		Building confidence through success High challenge, ropes course			
THU		Taking responsibility / understanding the environment / moving to independence Project or mountain journey day			Project presentation			
FRI		Responsibility & transfer of learning Return kit and final review of the week	DEPART					

 Learning objectives
 Activity

*Please note this is a sample programme only. All activities will depend on centre location, weather and group ability.

