



# KS4 Challenge Residential

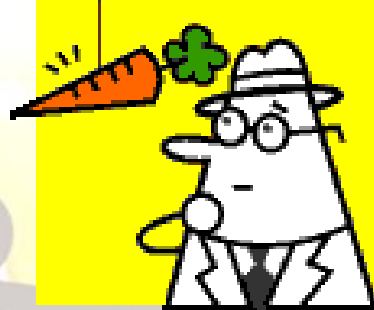
24<sup>th</sup>-26<sup>th</sup> June 2009

Canolfan Conway Centre



# What skills will I be developing?

- Self-confidence
- Motivation
- Team-work
- Ownership and responsibility
- Planning and organisation
- Retaining information












All..... whilst having FUN!!

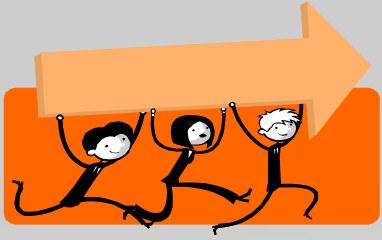
# Expectations/Outcomes



- To do your best
- To challenge yourself to go that little bit further
- To be aware of those around you and the importance of working as part of a team
- To take responsibility within your team – don't be the one who lets the team down!
- To support one another
- To have fun – laugh, smile, see the positive side of a challenge!
- To treat others as you would like people to treat you
- To reflect honestly and openly about your own strengths and weaknesses
- To ask for help if needed
- To try to get some sleep!!!



	AM	PM	EVE
Wed	<ul style="list-style-type: none"> <li>• Travel and Intros</li> <li>• Packed Lunch</li> </ul> 	<b>Activities</b> 1 Watersport  2 Dragon's Den 3 Rise to the Challenge 	<b>7.30-9.30</b> Evening Activity
Thurs	<b>Activities</b> 1 Watersport  2 Dragon's Den 3 Rise to the Challenge 	<b>Activities</b> 1 Watersport  2 Dragon's Den 3 Rise to the Challenge 	<b>6.30-8.00</b> Evening Activity
			<b>8.30-10.00</b> Disco 
<b>Fri</b> 9.30-11.00	Team based activities <ul style="list-style-type: none"> <li>• Hopes and fears KS4 and beyond</li> <li>• 'Wall of love'</li> </ul>	Travel back to school - back for normal buses  	
11-12	Final Assembly and awards		



# The Team Approach

- There will be 6 teams within the KS4 Challenge
- Teams may then be divided up into sub-teams/mini-teams throughout some of the activities, however you will still be building up points for your umbrella team.
- Teams will be mixed groups (not tutor groups), but you will all have at least one friend with you!
- Teams will also face some more random challenges throughout the 3 days – bonus points can be earned here
- Awards will be presented on the final morning.

# What do I need to bring?

- A packed lunch for the first day
- Some money for the tuck shop
- Comfortable footwear
- A waterproof (just in case it rains!)
- A towel
- Pens
- Suitable old clothes for the watersports and some old trainers
- Your dancing shoes!!

