

DISABILITY ACTIVITY DAY APRIL-SEPT

Aim: Staff and pupils Fun Day.

Benefits: Confidence building. Pupils have the opportunity to interact with each other in a new environment. Teambuilding.

Numbers: Max 18 per day

Programme: 10-2.45 (flexible)

You are divided into 3 groups. All groups do the following:

Orienteering,

Problem Solving (inc. traversing wall)

Open Boating, Bell Boat

The first two are school led. The open boating is led by a qualified member of LSAC staff. All activities are planned to take Approx. 50 minutes.

Schools can also choose other activities such as Kayaking, Off Road Biking, and Sailing, although these need to be led by qualified centre staff and will incur extra costs.

Cost:

£158, which includes:

All Equipment

Changing & Shower Facilities

1 Member of staff

Downstairs Classroom, for lunch, changeovers etc.

School staff who intend to lead the self programming activities will need to attend a briefing at LSAC prior to the day.

LSAC is licensed by the Adventure Activities Licensing Service (AALA – ref. no. R0949). Risk assessments for all activities are available on request.

To discuss your school requirements Tel: 0113 250 3616

DISABILITY SCHOOL PROGRAMME Water Based APRIL-SEPT

Aim: Staff and pupils Fun Day.

Benefits: Confidence building. Pupils have the opportunity to interact with each other in a new environment. Teambuilding.

Numbers: Dependant on activity

Programme: Hourly sessions

Choose from:

Sailing Canoeing Kayaking Raft Building Bell Boat

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Cost:

£53.40 per hour £40 for any subsequent hours

All Equipment

Changing & Shower Facilities

1 Member of staff

Downstairs Classroom, for lunch, changeovers etc.

LSAC is licensed by the Adventure Activities Licensing Service (AALA – ref. no. R0949). And is registered as an RYA Saleability Centre.

Risk assessments for all activities are available on request.

To discuss your school requirements Tel: 0113 250 3616

DISABILITY SCHOOL PROGRAMME- Landbased

Throughout the year we offer the following activity programme.
All activities/programmes can be tailored to suit specific group needs.

Primary School OAA

Aimed at Year 5/6. This unit of work is delivered over half a term – e.g. one lesson a week for 7 weeks. It involves the class participating in simple and safe trails, indoor and outdoor orienteering skills and problem solving activities. This unit aims to deliver OAA in accordance with the National Curriculum and can be delivered either at the Leeds Sailing and Activity Centre (LSAC) **or in your own school**

Primary School Package

A days activity comprising of orienteering and problem solving activities for a full class of children. This costs £154.00 and includes all equipment, changing and shower facilities, 1 trained LSAC member of staff and use of a classroom, for lunch and changeovers.

Cycling – all ages. British Cycling Go-ride scheme

This can be delivered to about fifteen children in PE or extra-curricular time. We bring the bikes to your school and deliver this national scheme. Secondary school students may wish to come to the LSAC and progress to the more demanding BMX track. Further off-road work could lead to students gaining the British Off-Road Biking Awards.

Orienteering – all ages

This work can be based at school, LSAC, or other venues such as West Park, Danefield Forest or Roundhay Park etc. We can offer simple orientation exercises and trails in safe familiar environments through to demanding navigation in more challenging terrain.

GCSE – we can assist schools to deliver the Orienteering modules in GCSE P.E. This involves working both on and off the school site. Pupils learn about the relevant safety and environmental issues, the skills and manoeuvres needed to orienteer, and the equipment involved.

Climbing – all ages. Using the indoor climbing wall at Aireborough Leisure Centre students learn about safety equipment, how to traverse, climb and belay. The students progressively learn to climb harder routes involving different holds and techniques and work towards the ALC certificates. Maximum group size is 8 students per instructor. **GCSE** - we can assist schools to deliver the Climbing modules in GCSE P.E. This involves working both on and off the school site. Pupils

learn about the relevant safety and environmental issues, the skills and manoeuvres needed to climb, and the equipment involved. This can take place both indoors and at local outdoor single pitch climbing venues.

Problem Solving – all ages. We can offer a good range of problem solving activities which demand cooperation and teamwork from the participants. These can take place indoor or outdoor and can be undertaken at either the LSAC or your own school.

GCSE/B.TEC Modules

We can assist with both the theoretical and practical delivery and assessment of Canoeing, Kayaking and Sailing modules. These are units of work in which students can score relatively highly in relation to other areas.

Nature Walks – The LSAC activity centre is situated within Tarnfield Park which is an excellent venue for bird spotting, nature walks and other related activities.

Delivery Time

Tailored to suit your needs. From single one off taster sessions through to an 8 week block, covering a variety of activities, for example: 2 weeks of biking, 2 weeks of problem solving, 2 weeks of climbing and 2 weeks of canoeing.

Many combinations can be catered for and delivered in curricular or extra curricular time.

For more information on prices or simply to discuss your needs and ideas please call LSAC on 0113 250 3616