



Workshop Summaries 1 March 2014 Carlingford Outdoor and Adventure Centre

PLEASE BRING WARM AND RAIN PROOF CLOTHING AND SHOES FOR GOING OUTDOORS AND SUITABLE INDOOR SHOES FOR INDOOR WORKSHOPS.

Upstairs Sports Hall	9-9.30 9.30	Registration with Tea & Coffee Welcome
Workshop 1 Upstairs Common Room	10.00-11.20	<p>Indoor Challenges for rainy days</p> <p>Challenge activities include trust or co-operative activities, group problem-solving exercises, and physical challenges such as those presented by rope courses and adventure play apparatus. This workshop will present challenges that can be done indoors on rainy days with minimal equipment. The challenges will be presented with a rationale for including them in a school Outdoor and Adventure Programme.</p> <p style="text-align: right;">Suzy Macken, Caitriona Cosgrave</p>
Workshop 2 Briefing Downstairs in Canteen then Carlingford Town	11.30-12.50	<p>Walking with a Purpose and a Twist!</p> <p>Walking is a strand unit of Outdoor and Adventure Activities. It is a valuable activity. It should be undertaken with a purpose. For example it can be finding an object in a confined area of the school site given simple clues (PE Curriculum p.23), treasure hunts (p.33) and finding your way on forest walks (p.57). Walking can be integrated with other curriculum subjects. In this workshop, walking, as a form of physical activity will be it linked to history and geography. Clues will be used to find directions BUT there will be a <i>TWIST</i> providing a fun element!</p> <p style="text-align: right;">To Be Decided</p>
Workshop 3 Sports Hall (10-10.40) to Playground To Forest	10-1	<p>Indoor fun and active preliminary Orienteering activities</p> <p>Fun and active developmental activities designed to enable the teaching of basic orienteering skills and associated physical skills in an exciting manner. See http://www.britishorienteering.org.uk/images/uploaded/downloads/schools_tri_o_resources.pdf</p> <p>Outdoor Photo Orienteering</p> <p>How to find your way to features identified by photographs, finding the symbols at the features and recording them on a control card.</p> <p><i>Short Break</i></p> <p>Point-to-Point Orienteering in 2's</p> <p style="text-align: right;">Derek Brennan, Ciara Blennerhassett, Caoimhe Doherty, Susan Marron</p>
Workshop 4 Briefing Upstairs in Common Room	10-1	<p>Activity Combo...</p> <p>A taste of Carlingford's High rope, Body Zorbing & Archery see video http://www.carlingfordadventure.com/</p> <p style="text-align: right;">Carlingford Staff</p>

Afternoon Workshops

Lunch 1.30-1:50pm Canteen	1.1.30	
AGM 1.30-1.50 Sports Hall		
Workshop 5 Briefing Downstairs in Common Room	2-3.20	Walking with a Purpose and a Twist! See above To Be Decided
Workshop 6 Upstairs Common Room	3.30 - 4.50	Relaxation with Yoga for Children A yoga workshop that aims to promote relaxation and calm through movement. No yoga experience required. Activities will be suitable for cool down activities in Physical Education lessons. Ciara Delaney
Workshop 7 Sports Hall (10-10.40) to Playground To Forest	2-5	Indoor fun and active preliminary Orienteering activities; Outdoor Photo orienteering and Point to Point Orienteering See above Derek Brennan, Ciara Blennerhassett, Caoimhe Doherty, Susan Marron
Workshop 8 Briefing Upstairs Common Room	2-5	Carlingford Challenges Outdoors A 15- minute walk to reach this course! -Participation in physical challenges involving problem solving, cooperation and physical activity in teams. See http://www.carlingfordadventure.com/pages/index.asp?title=Adventure_Centre_Ireland_-_Crystal_Maze&CatID=224 Carlingford Staff
Upstairs Sports Hall	5-5.30	Final Debrief Group Photograph 'Silly' Prizes