



**Lea Green**  
Learning and Development centre

## Outdoor Adventures at Lea Green

< SCHOOL NAME >

< DATE >

Main Road, Lea nr Matlock, DE4 5GJ - 01629 534561

[leagreen.admin@derbyshire.gov.uk](mailto:leagreen.admin@derbyshire.gov.uk)

[www.leagreencentre.com](http://www.leagreencentre.com)

SCHOOL NAME - DATE

|           |  |          |                                   |          |             |          |                  |                                    |
|-----------|--|----------|-----------------------------------|----------|-------------|----------|------------------|------------------------------------|
|           | Morning  | 12.30    | Afternoon                         |          | 4.30 – 5.30 | 6.00     | Evening          | 10.00                              |
| Monday    | 10.00 Arrive,<br>Introduction<br>Treasure Hunt | <b>L</b> | Low Ropes /<br>Obstacle<br>Course | <b>D</b> | .Recreation | <b>D</b> | Night Walk       |                                    |
| Tuesday   | Skyline/ GPS                                   | <b>U</b> | Bushcraft                         | <b>R</b> | Recreation  | <b>I</b> | Cave             |                                    |
| Wednesday | Stream Walk                                    | <b>N</b> | High Ropes                        | <b>I</b> | Recreation  | <b>N</b> | Ambush<br>Game   |                                    |
| Thursday  | Jungle<br>Adventure                            | <b>C</b> | Buggies                           | <b>N</b> | Recreation  | <b>E</b> | DVD &<br>Popcorn |                                    |
| Friday    | Team Swing                                     | <b>H</b> | Review and<br>depart 2pm          | <b>K</b> |             | <b>R</b> |                  | <b>Supper Drink<br/>Lights Out</b> |

## Kit list

**(tick when packed)**

*All items must be clearly marked with your name!*

Hello!

We are really looking forward to your visit to Lea Green. Whether you are climbing over the challenge course, splashing up the stream, putting on a harness and helmet for the ropes courses or exploring the grounds around the house you are guaranteed to find out that learning can be fun!

Aims:

- ✓ To improve teamwork skills
- ✓ To take responsibility for your own safety
- ✓ To take responsibility for the safety of others
- ✓ To learn about the different roles within a team
- ✓ To improve listening and communication skills
- ✓ To enjoy participating in all the activities on offer
- ✓ To get the best out of other people

Your stay at Lea Green will give you a chance to experience activities that you rarely get the opportunity to in life. To get the most out of the activities you need to put a lot into them. Whatever you try over the five days you will always have the support and encouragement of the people around you whether they are your friends, teachers or Lea Green staff. Come with an open mind as to what you can achieve, be prepared to try new and challenging activities, aim to be a good member of your team and encourage others to get the best out of their time with us.

Remember the more you put into your stay the more you take away - bring your sense of adventure and a huge smile with you!

|                                      |  |
|--------------------------------------|--|
| Waterproof coat *                    |  |
| Warm coat / jacket for activities    |  |
| Sun hat / sun lotion / water bottle  |  |
| Wellingtons * / walking boots        |  |
| Very, very old outdoor shoes!        |  |
| Old clothes that will get muddy      |  |
| PE kit and trainers                  |  |
| Bin liners for dirty clothes / shoes |  |
| Day-sack                             |  |
| Torch (optional)                     |  |
| Wash kit and towel                   |  |
| Underwear and socks                  |  |
| T-shirts                             |  |
| Trousers / tracksuit bottoms         |  |
| Jumpers                              |  |
| Indoor shoes (trainers / plimsolls)  |  |
| Slippers (optional)                  |  |
| Pyjamas / night clothes              |  |
| Casual clothes for the evening       |  |
| A small amount of pocket money       |  |
| Teddy bear (optional!)               |  |
|                                      |  |

\* Lea Green has a limited supply of these items that you may borrow.

Please do not bring electrical equipment, mobile phones or any other valuable items.