



Sample Activity Programme for a Lea Green Residential

Day 1

	Activity Group 1	Activity Group 2	Activity Group 3
10:00 – 10:15	Arrival and Introduction		
10:15 – 12:00	Orienteering		
12:00 – 12:30	Move into Bedrooms		
12:30 – 13:30	Lunch		
13:30 – 16:00	Caving	Stream Walk	Climbing Tower
16:00 – 16:30	Drinks and Biscuits		
16:30 – 18:00	Recreation Time		
18:00 – 19:00	Evening Meal		
19:00 – 21:00	Wide Games		
21:00 – 21:30	Hot Chocolates and Evening Debrief		
21:30 – 22:00	Time to get ready for bed and settle down		
22:00 – 08:00	Bed Time		

Day 2

	Activity Group 1	Activity Group 2	Activity Group 3
08:00 – 08:30	Wake up and get ready for the day		
08:30 – 09:30	Breakfast		
09:30 – 12:30	Stream Walk	Low Ropes & Buggies	Low Ropes & Buggies
12:30 – 13:30	Lunch		
13:30 – 16:00	Climbing Tower	Caving	Stream Walk
16:00 – 16:30	Drinks and Biscuits		
16:30 – 18:00	Recreation Time		
18:00 – 19:00	Evening Meal		
19:00 – 21:00	Wide Games		
21:00 – 21:30	Hot Chocolates and Evening Debrief		
21:30 – 22:00	Time to get ready for bed and settle down		
22:00 – 08:00	Bed Time		

Day 3

	Activity Group 1	Activity Group 2	Activity Group 3
08:00 – 08:30	Wake up, get ready for the day and depart bedrooms		
08:30 – 09:30	Breakfast		
09:30 – 12:30	Low Ropes & Buggies	Climbing Tower	Caving
12:30 – 13:15	Lunch		
13:15 – 14:15	Cooperative Games		
14:15 – 14:30	Review and Depart		