



## Hooke Court Residential

### 8<sup>th</sup> July - 12<sup>th</sup> July 2024



<i>Day</i>	<i>Session</i>	<i>Activity</i>
Monday 8 <sup>th</sup> July	12:00 13:30 16:00  Evening	Arrive at Hooke Court & have lunch Team Building Activity Free Time Evening Meal Night Line
Tuesday 9 <sup>th</sup> July	9:30 - 11:15  11:15 - 11:30 11:30 - 13:15  13:15 - 14:15 14:15 - 16:00  16:00  Evening	Breakfast Group 1 - Raft Building Group 2 - Low Ropes Group 3 - Orienteering Break Group 1 - Orienteering Group 2 - Raft Building Group 3 - Low Ropes Lunch Group 1 - Low Ropes Group 2 - Orienteering Group 3 - Raft Building Free Time Evening Meal Campfire
Wednesday 10 <sup>th</sup> July	9:30 - 12:30 12:30 - 13:30 13:30 - 16:00 16:00  Evening	Breakfast Stone Age Day Lunch Stone Age Day Free Time Evening Meal Night Walk
Thursday 11 <sup>th</sup> July	9:30 - 12:30 12:30 - 13:30 13:30 - 16:00  Evening	Breakfast Fun Forces Workshop Lunch Rockets Evening Meal Balloon Buggies
Friday 12 <sup>th</sup> July	9:30 - 12:00 12:00	Breakfast Bridge the Moat Lunch and Depart Hooke Court

**Monday** - Team Building - A series of fun games which are designed to build on the children's ability to communicate, negotiate and cooperate. These activities become more challenging as the session progresses.

Night Line - Evening - Work together, blindfolded, to complete a series of tasks which require trust and good communications skills.

**Tuesday** - Raft Building - Challenge your class to work in groups to build an improvised raft that they then have to paddle across the lake!

Low Ropes & Orienteering - An excellent way to start the trip! Working in small groups the orienteering exercise will familiarise your class with their new surroundings and the low ropes course will provide them with a challenge to start working together and communicating well.

<https://www.hoekecourt.co.uk/residential/programmes/outdoor-adventure-and-team-building/>

**Wednesday** - Stone Age Day:

The children will enjoy a range of activities such as:

Cooking - prepare and cook a simple meal. This will involve grinding cereals to make flour and bread, cutting up liver and vegetables with appropriate tools including flint as well cooking fish in clay.

Working with materials - Children will learn about spinning and weaving. Using a drop spindle they will spin some of their own wool and try their hand at weaving. They will build their own wattle fence and daub a wattle hurdle to weatherproof an early shelter. They will attempt to light a fire using materials available in early history as well as learning to use stone age tools to split wood.

Dyeing and working with water - the children will see how fabric would have been dyed using natural material as well as how salt would have been extracted from seawater by heating the water using hot stones straight from the fire.

Working with Clay - Make and decorate your own clay pot using early artistic design.

<https://www.hoekecourt.co.uk/residential/programmes/history/stone-age/>

Night walk - Evening - Explore the local area at night - can anyone stay quiet for long enough to spot a badger or other nocturnal wildlife?

## Thursday - Science Fun with Forces

Activities include:

Water rockets - consider the energy transfer and resistance at work whilst firing a water rocket at a target

Water Slide - investigate the effect of liquid on friction whilst sliding down the slide using various lubricants

Boulders - make and use large levers large levers to move the boulders

Drag Races - run relay races with various materials to consider the effect of air resistance

See Saw Challenge - working in teams, the children balance on a pivoted beam

Tug of war - use the rope to try and balance the forces against one another

Rocket Workshop:

After some fun experiments looking at Newton's Laws the children then work in teams to build their own rockets before seeing them launched into the air. The ones that make it back can be taken to school as a memento!

Balloon Buggies:

An examination of insulation properties and then harness the power of jet propulsion in the home-made balloon buggy race.

<https://www.hoekecourt.co.uk/residential/programmes/science/>

Friday - Bridging the Moat - See if your children can rise to the challenge of 'Bridging the Moat'. The children will work in teams to devise a method of sending a heavy parcel from one side of the moat to the other without it touching the water, A great, fun challenge!

## FAQS:

### Who will the adults be?

1 x Senior leader and 2 members of staff from each school

### What are the sleeping arrangements?

Bunk bedded dormitories of up to 8 children, children will only be in dormitories with same gender from own school. The play area on site will be allocated to our schools only. Duvet, sheets and pillows are provided.

### What do I need to pack?

Clothing and shoes worn outside during activities will inevitably get dirty so old clothes are best! We try to help children look after their things, but items regularly get lost or left behind. We therefore strongly recommend that you name all items of clothing - and provide your child with a packing list so that he/she can check items back into their bag.

Please use the following checklist to help pack bags:

- 1 bath towel
- Toiletries bag containing toothbrush, toothpaste, soap, hairbrush etc
- Night clothes
- Socks and underwear
- T-shirts, shirts / blouses (at least 1 with long-sleeves)
- Thick sweater, light sweater, sweat shirt
- Pairs of trousers and / or jeans and / or tracksuit bottoms and / or shorts and / skirts
- Waterproof jacket (and trousers if you have them)
- Sturdy shoes or wellingtons (even in the summer)
- 2 pairs of trainers (one old pair that can get wet if kayaking or rafting)
- Torch (particularly necessary for night walks, as well as camping)
- Large plastic bag for dirty clothes
- Sun hat and cream
- Refillable water bottle
- Lunch for day one - please put this in a separate carrier bag that can be easily accessed
- Indoor shoes

### What type of food will be on offer?

Here is a sample menu:

Breakfast - cereal, beans on toast, croissant

Lunch - Sandwiches / baguettes, crisps, fruit, yoghurt & biscuits

Dinner - Pasta & Sauce, BBQ sausage in a roll, garlic bread, salad, crumble & custard, ice-cream

### What will I be responsible for when I am there?

- Kit appropriateness
- Positive talk about being away from home
- Keeping dormitory tidy
- Behaviour - unsafe use of equipment, persistent ignoring of adult instruction, confrontational language or actions, disrupting the enjoyment of others - will result in an appropriate consequence