

## Weeks Summer Camp

We are expanding this to include 4 venues.

- **Slovenia, White Water Adventure.**  
Something new this year, a chance to visit this gem of a country & experience one of the most beautiful rivers in Europe.
- **Surf Camp**  
North Cornwall, surfing, Coasteering, Kayaking & Cycling on the wild Atlantic Coast
- **Ardeche & Med. Activity week**  
Something new for 2010, twin centre activity week in France, with a 2 day canoe trip down the beautiful Ardeche gorge.
- **French Camp**  
We stay in a fantastic 4\* Campsite with a superb pool complex, in Carentec, Brittany. Activities include a link with the local Sailing school & Cycling, + visits.



The harder the pupil works academically the harder they need to work physically. Many of the top academic students in the school, have also been those most active in our Outdoor Pursuits program.

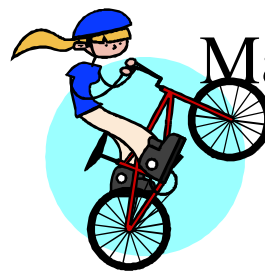
What physical activity the pupils pursue is unimportant, the key is they MUST partake in an active sport regularly, one they enjoy. This might be Dance, Tennis, Swimming, whatever. It will also open up their social development too.

This is not a definitive list, look at the school calendar on the web site

for the most up to date information.

You will also find very detailed information, booking forms, equipment lists, web links + lots, lots more on our web site.

[www.MagdalenCourtSchool.co.uk](http://www.MagdalenCourtSchool.co.uk)



# Magdalen Court School



## Provisional Outdoor Pursuits Program

2009 - 2013

Activities subject to demand,  
Dates & times may change,  
Numbers restricted on all activities.  
Full details of each activity available on the school web site.

The most recent details  
can be found on the school calendar  
which is on the school web site.



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## Intro

With the increasing pressures on students in school for academic work, & the tough financial times, I've cut down the number of days out in the hills over the year, but at the same time extended the diversity of the opportunities on offer. We do a tremendous amount at MCS, but there is a tendency for pupils to choose to repeat experiences, rather than stretch themselves further. By running a 4 year program it's going to always be something new & challenging.

## GCSE in Physical Education

If you take part in this Outdoor Pursuits programme, why not make this count towards a GCSE.

- 40% of the course is towards the 1hr & 30min exam.
- 60% of the course is learning & developing skills & techniques in 4 sports of your choice.  
eg: Kayaking, Hill Walking & Camping, Skiing, Sailing, Rowing, Archery, Fitness, Swimming, Personal Survival, etc. The list is very extensive.

Other sports outside of Outdoor Pursuits can be used to. If you take part in the school Dance classes & have taken Expressive Arts, you will most probably be ready for assessment in Dance.

If you are active in a sports club outside of school, you might be able to use this as one of your sports.

All the team sports are covered too.

## Coursework

The coursework element is assessed through video evidence of your performance & oral questioning. You just need to spend a lot of time perfecting your chosen sport x4.

Skiing for example if you undertake the school dry-ski program & have been on at least 4 ski trips, you are likely to be at a very high standard in this sport & ready for assessment.

You choose 1 of your 4 sports to analysis others taking part in the sport.

- Rules of the sport
- Observation & Analysis
- Evaluation
- Planning a training schedule
- Leadership



## Ten Tors

We are moving to a biannual entry. This year looks like we will have a 35m, 45m & 55m teams.

The school is special, as pupils are almost guaranteed a place in the team, if they show the commitment. Most schools have a ruthless selection process, excluding great swathes of pupils.

The school has 100% success rate with its teams, to achieve this we need lots of training. Every training event you attend increases your teams chances of success.

Our **Hill Walking Program** is very progressive & starts with;

- Orienteering; on & off the school site
- Exmoor Challenge, training & event  
16 mile walk on Exmoor in teams of 4
- Abbot's Way training & event  
21½ miles from Buckfastleigh to Tavistock  
Good one for mums, dads & the dog.
- Christmas Walking weekend
- D of E, training & assessment
- Ten Tors training  
This starts with;
  - All the above
  - School Fitness clubs
  - Day walks



## Cycle

We are very keen to encourage pupils to cycle & cycle safely.

We organise:

- 1 Day trips a term on mainly traffic free routes such as the 'Camel', 'Plym' etc.
- Lunchtime sessions on the many cycle paths along the Exe, Exeter Canal & Riverside Park.
- 2011 we are offering the chance to cycle 'End to End' 14 days cycling from John-O-Groats to Land's End.



## Rock Climbing

The school is blessed with a superb Traversing Wall which we use in lunchtime & then we have the Limestone cliffs at Chudleigh & Granite of Dartmoor.

### Horse Riding

Many children learn to ride with Magdalen Court School & this opens up the opportunity to Hack in wonderful locations around the world. The emphasis is on fun & introducing pupils to riding. There are 2 courses booked for this coming year.



### Swimming Club

Wow we are spoilt, Exeter University has their inside pool a stones through from Magdalen Court School & we can be found up there almost every Wednesday through the 3 terms running our swimming club. We cater for all levels of swimmer up to pre-competitive.



### Kayaking / Canoeing

The school is even better placed to go Canoeing in all its different disciplines around Devon & we make full use of this.

- Evening canoe club session on the Exe & Exe Canal
- Day canoe expeditions
- White water trips



Pupils have the opportunity to start working their way of the Coaching Ladder with ‘Cadet Leader Award’ & Level 1 & 2 Coaching qualifications.

### Weekend Activity Camp

Fri. evening to Sun. night an action packed FUN weekend. We are extending this to 4 different camps: Bushcraft Camp, Cycle Camp, Beam House Activity Centre & Lady’s Mile Camp.



### Snow Sports; Skiing

We are moving to a biannual program, which runs for the entire Autumn term & then the trip in the spring.

- 5 sessions at Exeter & District Dry Ski Slope Club
- 5 sessions at Plymouth
- Day trip to the SnowZone, Milton Keynes
- **Ski Trip**

We try to go to a different country each year, to bring a cultural element into the trip to. 1 week flying to the mountains



### The Duke of Edinburgh Award

An internationally recognised qualification, that rewards commitment. It has 4 sections; Service, Skill, Physical & Expedition. Pupils have to commit to a minimum of 1hr a fortnight in each of the first 3 sections. At Bronze level they pursue 2 sections for 3 months each & the other for 6 months. The expedition can be completed on; Foot, Canoe, Bicycle, Horse, Rowing boat or Sailing boat. At Bronze it’s 2 days & 1 night, completed in teams of 4-7 pupils who must plan & undertake the expedition themselves.

The award covers almost every interest & pastime. eg;

**Service;** Sports Referring, helping with Cubs or Horse Riding club etc.

**Skill;** Playing a Musical Instrument, Learning a Language, Building a Canoe etc.

**Physical;** Swimming, Skiing, Horse Riding, Football etc.

The school runs a programme to facilitate; Bronze, Silver & Gold levels of this award.



We have a Kayaking Bronze Expedition & Cycling

### Sailing

We are in one of the best geographic places to go sailing, so we like to try & make the most of this with; We offer the opportunity to sail in a number of locations & schools, from Brittany to local waters.



### Christmas Walking Weekend

We stay in a huge Farm House in the Brecon Beacons National Park, at the foot of one of the mountains. The blazing fire makes the cold winter days of December bearable. We undertake a series of day walks to the top of the mountains & a spectacular walk under a huge waterfall.

We are hoping to extend this to a similar weekend in the Lakes & flying up to Scotland.



# Provisional Outdoor Pursuits Program

	2009-10	2010-11	2011-12	2012-13
	Year 1	Year 2	Year 3	Year 4
Day Junior Intro. Activities	Chudleigh Rock (Summer Term)	Surfing (Summer Term)	Sea Sports Taster (Summer Term)	Haven Banks (Summer Term)
Weekend Activity Camp	Bushcraft Camp (End of May)	Cycle Camp (End of May)	PGL Beam House (End of May)	Lady's Mile (End of May)
Week Summer Camp	Surf Camp (Last week in June)	End to End Cycle Challenge (Last week in June)	Hadrian's Wall (Last week in June)	Brittany (Last week in June)
Skiing	Dry Ski; Exeter (1st ½ of Autumn Term) Dry Ski; Plymouth (2nd ½ of Autumn Term) SnowZone (1st Day of Christmas Hols.) Week's Ski Trip	Dry Ski; Exeter (2nd ½ of Autumn Term)	Dry Ski; Exeter (1st ½ of Autumn Term) Dry Ski; Plymouth (2nd ½ of Autumn Term) SnowZone (1st Day of Christmas Hols.) Week's Ski Trip	Dry Ski; Exeter
Christmas Walking weekend	Brecon's Weekend (2nd Weekend in Dec.)	Lake District (2nd Weekend in Dec.)	Scotland (2nd Weekend in Dec.)	Pembrokeshire (2nd Weekend in Dec.)
Walking events	Night Navigation (Aut. Term) Abbot's Way (1st Sun. Oct.) Ten Tors (2nd weekend in May)	Exmoor Challenge (1st Weekend in May) SW Coastal path	Night Navigation (Aut. Term) Abbot's Way (1st Sun. Oct.) Ten Tors (2nd weekend in May)	Exmoor Challenge (1st Weekend in May) SW Coastal path
Cycle	Camel Trail Haldon Woods Bristol to Bath	Tarka Trail Bridgwater Canal Believer, Dartmoor	Exe Estary Plym Trail	Granite Way Tarka Trail
Canoe Club	River Axe Race (Beg. Mar.) Summer sessions Autumn Camping Trip	Spring Pool Sessions Summer sessions Winter White Water	River Axe Race (Beg. Mar.) Summer sessions Autumn Camping Trip	Spring Pool Sessions Summer sessions Winter White Water
Duke of Edinburgh Award	Bronze Silver (Expeditions Sep. Oct.)	Bronze Silver Gold (Summer Hols)	Bronze Silver (Expeditions Sep. Oct.)	Bronze Silver Gold (Summer Hols)
Shows	Wooden Boat Show (End June)	Royal Cornwall (Beginning June)	Outdoor Leisure Show NEC (End March)	Devon County (End May)

