



## Key Stage 2 Activities

The following list describes the activities offered by the centre to Key Stage 2 groups. Choose from one of our themed three or five day trips, or build your own programme by combining the half and full day activities described.

In addition to the activities offered by the centre we are also happy to arrange adventurous activities sessions with a fully licensed activity provider, or to book visits to local attractions on your behalf.

### **Our Programmes**

(Full details of all activities are included in the next section)

#### **Mountain Explorer (5 day)**

- Day 1: Acclimatisation & Abergavenny trail  
Eve: Team Games
- Day 2: Sugar Loaf Mountain Geo-cache trail
- Day 3: Bouldering\* and Shelter building\*
- Day 4: Rivers and orienteering\*
- Day 5: Under the mountain - Big Pit Visit



#### **Mountain Explorer (3 day)**

- Day 1: Arrive lunchtime.  
PM: Shelter building\*/bouldering\*  
Eve: Team games
- Day 2: AM/PM Sugar Loaf Mountain Geo-cache trail
- Day 3: AM: Shelter building\*/bouldering\*. Depart lunchtime

\*These activities may be substituted for other adventurous activities (subject to availability)



#### **Environmental Investigators (5 day)**

- Day 1: Nature games  
Eve - Night walk
- Day 2: Coastal explorer
- Day 3: Sugar Loaf Mountain geo-cache trail
- Day 4: Rivers and streams
- Day 5: Llangorse Lake

#### **Environmental Investigators (3 day)**

- Day 1: Nature games  
Eve - Night walk
- Day 2: Coast/Mountain walk
- Day 3: St Mary's Vale (minibeasts and stream)

### Dragon's Quest (3 day)

Day 1: Arrive lunchtime

PM: Team games

Eve: night walk up the Deri, tales of local legend

Day 2: Complete the quest to rescue the Dragon's Egg (Skirrid)

Eve: Journey sticks and spells

Day 3: Abergavenny photo trail – castle/ meadows. Depart Lunchtime

### Time Travellers (3 day)

Day 1: Arrive lunchtime

PM: Abergavenny photo-orienteeing or

Llangorse Lake

Eve: Team games

Day 2: Clydach Gorge and Blaenavon Ironworks

Day 3: Big Pit visit. Depart lunchtime

### Moving Mountains (3 day)

Day 1: Arrive lunchtime

PM: Investigate environment of Clydach

Gorge

Day 2: AM - Clydach Gorge

PM – Edit media

Day 3: Complete movie. Depart lunchtime



## Build your own programme

### Sugar Loaf mountain geo-cache trail (full day)

A chance to practice navigational skills! The children must find capsules (caches) which have been hidden along the route to the top of the mountain. Inside each cache is a task or game (on a mountain environment or survival theme) to be completed, and a clue to the location of the next cache.

### Local history (full day)

The peaceful landscape around Blaenavon and Clydach contains lots of clues to its industrial past. Investigate this landscape to find out more about the past, particularly the role that children played in the industrial revolution. A visit to the award winning Big Pit mining museum for an underground tour of a coal mine is an excellent accompaniment to this day.

### Dragon Quest (full day)

This quest starts with the tale of an ancient dragon that dropped her egg somewhere over the Skirrid Mountain during a mid-air fight. The children are tasked with finding the egg, and bringing it back to the centre without touching it (and get their fingers getting burned!). A number of clues and tasks will lead them to the egg. Once safely back at the centre the children will need to write a spell to send the egg back in time to the dragon.

### Coasts (full day)

A day at the seaside which includes rock pooling, investigating rocks and landforms, a coastal walk and some beach art. The availability of these activities is dependent on tide times.

### **Rivers (half day/ full day)**

Pupils have the opportunity to learn about rivers in a practical way, by measuring width, depth and speed of the river, and investigating the life within them. A short walk along the river reveals interesting features including cascades and waterfalls. This activity may be easily combined with orienteering or one of a number of adventurous activities.

### **Moving Mountains (2 day)**

The moving mountains project combines traditional outdoor learning with multi-media technology. On the first day pupils visit Clydach gorge and investigate the environment there, thinking about the potential impact of a planned new development. They use sound recorders, cameras and video cameras to record what they find. On day two the children learn how to edit the sounds and images they have collected and bring them together to produce a multi-media presentation. More information on this project, along with examples of what the children can achieve can be found at [www.clydachgorgeguide.org](http://www.clydachgorgeguide.org).

### **Llangorse Lake (half day/full day)**

Complete a nature trail around Llangorse Lake, an area of both natural and historic importance. There is also an opportunity to visit the Crannog centre (an ancient lake dwelling) and/or an active archaeological dig (the children can even help with the excavation by prior arrangement)

### **Abergavenny photo orienteering (half day)**

Children work in groups to match as many photo's as possible to locations in the town. This provides a good introduction to the market town of Abergavenny and its history, and may be used as an example of a contrasting locality.

### **Local habitats (half day)**

This short visit to a beech woodland allows pupils to investigate the invertebrates which live on the land and in the water. This can include work on adaptations to the environment and food webs and chains.

### **Shelter Building (half day)**

Pupils learn how to build basic shelters using natural materials collected from the woodland or shelter supplies from the centre.

### **Bouldering (half day)**

In this activity children work at low levels to clamber across an indoor bouldering wall. This activity provides an excellent introduction to climbing in a controlled environment and develops teamwork.

### **Orienteering (half day)**

We have set up a simple orienteering course close to the centre where the children can learn that using a map can be both simple and fun.

### **Team Games (half day/ evening)**

A selection of games which will put the communication and teamwork skills of the children to the test.

### **Night walk (evening)**

A walk to explore the local area at night-time. Children will need to use their senses to guide them and to (hopefully) spot some nocturnal creatures.

### **Campfire (evening – teacher led)**

We can provide a fire pit for any groups wishing to have a campfire in the evening.

## Adventurous Activities

These activities are delivered by our partner organisation which is licensed and inspected by the Adventure Activities Licensing Authority (AALA) and employs only qualified and experienced instructors. These activities carry an additional charge. Schools wishing to include adventurous activities in their programme may choose from the following;

Canoeing  
Gorge walking  
Caving

Climbing and abseiling  
High ropes

## Local Attractions

Some groups choose to include a visit to a local attraction as part of their trip. Here are a few suggestions to consider, although this is by no means an exhaustive list. If you would like any further information please contact the centre.

- Big Pit Mining Museum – a visit to this award winning museum includes an underground tour of a mine with a former miner as a guide.  
<http://www.museumwales.ac.uk/en/bigpit/>
- Blaenavon Ironworks – the remains of the ironworks and workers cottages is one of the key sites in the nearby Blaenavon World Heritage Site. <http://www.cadw.wales.gov.uk>
- St Fagan’s Museum of Welsh Life – A collection of buildings from around Wales have been brought together in this open air museum.  
<http://www.museumwales.ac.uk/en/stfagans/>
- Roman Legionary Museum, Caerleon - In AD 75, the Romans built a fortress at Caerleon. Today at the National Roman Legion Museum you can learn what made the Romans a formidable force and how life wouldn't be the same without them.  
<http://www.museumwales.ac.uk/en/roman/>
- Raglan Castle – explore the remains of this impressive 15<sup>th</sup> century castle located just outside Abergavenny. <http://www.cadw.wales.gov.uk>
- Dan-yr-Ogof National Show Caves – view the impressive stalactites and stalagmites in a tour of the cave system at Dan-yr-Ogof. <http://www.showcaves.co.uk>
- Cardiff – Wales’ Capital city is only an hour away from the centre. Possible visits include a tour of the Millennium stadium [www.millenniumstadium.com/tours/](http://www.millenniumstadium.com/tours/) or a visit to Cardiff Bay <http://www.cardiffbay.co.uk>.