**Insert School Name Here**

*Add School Logo*

**Year 10 Camp**

**Month Year**

**Bickley Recreation Camp**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Camp Rules**

Please take the time to put together some rules for your camp so it will be a successful and memorable time for all.

**1.**

**2.**

**3.**

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**9.**

**10.**

**What do I need to bring to camp?**

**Personal goals for camp**

In the space below please write your personal goals that you would like to achieve on camp.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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| **20.00** |  |  |  |
| **21.00** |  |  |  |
| **22.00** |  |  |  |

**Camp Timetable**

**Abseiling**

Describe your abseiling experience and feelings you had during the following stages:

1. Walking up the tower

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1. Being at the top of the tower

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1. Being rigged up and going over the edge

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1. When you reached the bottom

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Explain how were able to “mentally prepare” prior to conducting an abseil. What thoughts, strategies or ideas did you have?

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Will this experience help you with challenges in the future? Why or why not?

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**Canoeing**

On a scale of 1 to 5 (1= poor and 5= Excellent), how well did you work with your partner and why?

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Why does Canoeing force you to work with your partner?

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What skills are needed for you and your partner to work efficiently?

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Who is the leader in the Canoe? List 3 important skills the person needs to be a leader and why they are important for Canoeing.

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**Crate Climb**

What would the lack of involvement by one or two people in the building and stabilising of the crate stack affect the climber?

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How did you ensure you ideas/suggestions were acknowledged by the group?

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Why is listening to others important in Crate Climb?

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List two (2) problems and explain why you encountered them during the Crate Climb program.

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**Flying Fox**

On a scale of 1-5 (1 = Not scared at all, 5 = Terrified); how did you feel when?

When being spoken to (briefed) about the flying fox

1 2 3 4 5

When being attached to the flying fox line

1 2 3 4 5

Ascending the flying fox line

1 2 3 4 5

After the flying fox

1 2 3 4 5

Write two (2) things you would say to support a friend before they were to attempt the flying fox.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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List and explain two (2) behaviours that you could exhibit to positively impact the thoughts of your peers.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Leap of Faith**

What was your first impression of the Leap of Faith challenge? How did you feel?

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Were you surprised by your performance in this activity? Why or why not?

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How does the philosophy of “Challenge by Choice” relate to someone partaking in the Leap of Faith challenge?

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**Low Ropes**

Why were the following skills important in the Low Ropes tasks/activities?

Working Together: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Trust: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Listening to others: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Speaking clearly: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Leadership: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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From the above skills, which are you good at? Please explain why.

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From the above skills, which are you poor at? Please explain why.

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**Mountain Biking**

Besides your bike, what essential gear do you need for Mountain Biking?

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Which “Gear-setting” should you be in for?

Up-hill: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Down-hill: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flat riding: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are the risks associated when riding?

Up-hill: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Down-hill: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Flat riding: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you feel Mountain Bike riding is a good form exercise? Why or why not and what are the benefits versus the negative consequences?

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**Orienteering**

List four (4) important features on a map and explain why they are important.

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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did you and your group/partner work well together? Why or why not?

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How did your group come to the decision of which markers to search for?

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Do you think you planned your time effectively when searching for markers? How could of you done better?

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**Raft Building**

How and who were the decisions made when building your raft?

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Who made the decisions and coordinated others on the water during challenges? Were they good at their role? Why or why not?

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If a situation occurred where two (2) people had conflicting ideas on how to build your groups raft, outline the steps you would take to ensure the conflict would not escalate into an argument.

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**Rock Climbing**

What was the difference between your first and second time climbing?

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What is empathy?

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Give an example of being empathetic to a climber?

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What skills did you learn or practise during Rock Climbing that can be utilised in daily life?

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**Search and Rescue**

What was the most difficult part of this activity?

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Why is it so important to listen to others in this activity?

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Why do you think leadership is important in this activity?

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Did anyone in the group undertake the role of the leader in this activity? What key skills did they possess?

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**Team Building**

List four (4) skills that you learnt or practised during Team Building.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What was your group’s biggest issue? Were you able to overcome it during the course of the program? Why or why not?

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What was your group’s most successful activity and why?

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List two (2) different ways where you may be able to consider everyone else’s ideas in a Team Building challenge and still complete that task a timely manner?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Bickley Recreation Camp**

