

3 Day Adventure Camp Program (Grade 4-7)

(Early Arrival - 2 night- Early Departure)



The program will focus on adventure & raising awareness of environmental issues. A hint & nudge to introduce leadership concepts with learners. Emphasis on fun, learn to survive an adventure camp, problem solving and teamwork. Activities chosen to be incorporated in the program are determined by and influenced by factors such as -the group composition i.e. age, size, different grades and time available.

Arrival Day 1

10:00 Welcoming

- ❖ Dividing into teams
 - Team Names & Warcries
- ❖ Bodycheck and safety drills
 - Camp rules
- ❖ Room allocation
- ❖ Orientation & Lay-out of Camp (Build a model of camp)
 - Something cold to drink

13:00 Lunch Time

- ❖ Picture puzzles
- ❖ Build a Zoo (clay animals) * Beading * Animal Footprints (plaster of paris)
 - * Bird & Tree Identification [Rotation of 6-8 groups]
- ❖ Shower Time

18:00 Stir-Fry Cook Off competition or PotjieKos Competition

- Announcing the Winners
- ❖ Bed Time

Day 2

- ❖ Wake up call, an answer to the rhythm of the African Drum
- ❖ Morning Coffee & Rusk's
- ❖ Gamedrive & Safari ** Eco -walk ** Animal trump Cards

(Rotation of groups Day 2 & Day 3)

08:00 Breakfast (Day 2)

(Rotation of groups 1 Hour sessions 15min Water break & rotation Time)

❖ Adventure Challenge (Obstacle course)

> Log crossing * Under Over * Cargo Net crossing * Little Table Mountain * The Drain Pipe * Tyre run * The Wall

❖ Bushveld Sports

> Save a smartie * 3 legged race * Tennis--relay * Wheelbarrow * Bag race * Egg-relay * Bicycle run

❖ Me, Myself and I. - (Activities* focused on getting to know yourself and your teammates.)

Lunch

❖ Water Worx (Rotation of 45 min per activity)

> Mudpit

> Waterslides

> Pool & tuckshop

❖ Shower Time

18:00 Dinner

❖ Movie night under the Stars

❖ BedTime

❖

Day 3

❖ Wake up call, an answer to the rhythm of the African Drum

❖ Morning Coffee & Rusk's

❖ AM Activities*

> Gamedrive & Safari, & African Meditation

(Rotation of groups Day 2 & Day 3)

09:00 Breakfast (Day 2)

❖ Operation Clean up, Lost & found

❖ Pack - up

❖ Quick feedback on Camp and activities

❖ Group Photo

❖ Board the busses

11:00 Depart