**Insert School Name Here**

*Add School Logo*

**Year 10 Camp**

**Month Year**

**Point Walter 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.**

**4.**

**5.**

**6.**

**7.**

**8.**

**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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Time** | **Date:** | **Date:** | **Date:** |
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| **19.00** |  |  |  |
| **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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**Archery**

You have a friend who has never attempted Archery before. Write six (6) points that you would use to teach them how to shoot an arrow successfully.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Why is it important to know and understand these points?

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There were many safety points/rules involved in the Archery program. Why is this so?

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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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**Gone in 90**

Explain 2 different ideas that your group could have used to complete your teams aspect of the challenge (draw if you wish)

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List each ideas:

Strengths Weaknesses Strengths Weaknesses

In no more than 1 paragraph – write down and explain what you learnt about “Leadership” in the Gone in 90 program.

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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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**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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**Paddling**

How well did the group work together when rafting up and why?

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What was the hardest task/activity set by the instructor?

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What was the most difficult aspect of paddling?

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What was the best aspect of paddling?

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Would you go paddling again? Please explain why or why not?

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

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