

ACTIVITIES

WEEK

2018

CHOICE

DESCRIPTOR

Read through the list of activities and their descriptions below then, on the survey monkey link, select your first, second and third choice of activity on each day Monday-Wednesday.

Activity list

- **Baby Blankets**
- **Cake decorating**
- **Canoeing**
- **Cinema trip**
- **Clay Modelling**
- **Craft**
- **Digital takeover day**
- **Gravity trampoline park**
- **Go karting (Edinburgh and Falkirk)**
- **Fordell Firs Activity centre**
- **Fox lake Water Sports**
- **Mountain Biking**
- **Outdoor Survival Skills**
- **Paranormal Investigations**
- **Rock Climbing**
- **Sketching/photography Edinburgh**
- **Skiing**
- **Snowboarding**
- **Sports day**
- **Visual art gallery day**

<u>Activity Title</u>	<u>Baby Blankets</u>
Number of Pupils	10
Cost (approx.)	£4
Activity Description	If you want to learn a new skill AND do something kind for others, this maybe for you. We will be making baby quilts to send to Africa for teenagers with premature babies. If you google Watoto you will be able to find out more about the Centre and the work it does.

<u>Activity Title</u>	<u>Canoeing – single day</u>
Number of Pupils	16
Cost (approx.)	£40
Activity Description	For those who are adventurous and like being on the water! Single day canal sessions. Half the day would be spent kayaking, the other half canoeing

<u>Activity Title</u>	<u>Cake decorating-make a 3D owl cake</u>
Number of Pupils	20
Cost (approx.)	£5
Activity Description	Create an impressive 3D owl cake and learn a range of professional cake decoration skills. Also, there will be the opportunity to bake additional items.

<u>Activity Title</u>	<u>Cinema trip and lunch</u>
Number of Pupils	No limit
Cost	£12
Activity Description	Have an enjoyable day heading to Ocean Terminal to see a film, relax with your peers then go for a bite to eat (pupils will have to bring money to buy food or can bring a packed lunch) For those who like to socialise and catch up on the latest big screen movies.

<u>Activity Title</u>	<u>Clay Modelling</u>
Number of Pupils	20
Cost (approx.)	£1
Activity Description	For the creative amongst you...Pupils will decide on an imaginative seated figure to make out of clay. This will include appropriate clothing and seating. The figure will be about 15 – 20 cm high, and will be able to be painted once fired in the kiln.

<u>Activity Title</u>	<u>Craft Day</u>
Number of Pupils	36
Cost (approx.)	free
Activity Description	If you like to create and socialise this will be a great choice for you. A day trying out different types of fun crafts. You will design and create using your own imagination whilst socialising with your peers.

<u>Activity Title</u>	<u>Digital takeover day</u>
Number of Pupils	25
Cost (approx.)	£10
Activity Description	Digital take-over of the library! Have a go at music sampling/mixing, building your own synth (synthesiser) and 3D scanning & printing. Go away with synth equipment and also 3D print out. A chance to get to grips with some fascinating technology!

<u>Activity Title</u>	<u>Gravity trampoline park</u>
Number of Pupils	20
Cost (approx.)	£20
Activity Description	Jump and climb to your hearts content and defy gravity at this trampoline and climbing park. Lunch is included from one of the Fountain park outlets plus trampolining and climbing activities. Bring plenty energy and some bus fares!

<u>Activity Title</u>	<u>Go Karting (Falkirk)</u>
Number of Pupils	24
Cost (approx.)	£34
Activity Description	This rocket-fuelled adventure is adrenalin filled racing excitement. Monday to Thursday will take us to the Falkirk extreme go-karting racetrack where you will compete in 4 time trial sessions. You may even end up on the podium! If interested in driving go-karts, racing your peers and having a great time then this package is for you.

<u>Activity Title</u>	<u>Go Karting (Edinburgh)</u>
Number of Pupils	32
Cost (approx.)	£34
Activity Description	<p>This rocket-fuelled adventure is adrenalin filled racing excitement. Monday and Thursday will take us to the Edinburgh extreme go-karting racetrack where you will compete in 5 time trial sessions. You may even end up on the podium!</p> <p>If interested in driving go-karts, racing your peers and having a great time then this package is for you.</p>

<u>Activity Title</u>	<u>Fordell Firs Activity Centre</u>
Number of Pupils	30
Cost	£25
Activity Description	<p>Not for the faint at heart! Fordell Firs is an outdoor adventure centre, which offers a range of activities. This trip will allow you to experience the 3G swing, have a go at the Challenge Course, and try potholing and abseil down a rock face. More details can be found at www.fordellfirs.org.uk These are all outdoor activities and you will need to dress appropriately for the weather. Bring a packed lunch too.</p>

<u>Activity Title</u>	<u>Foxlake water adventures</u>
Number of Pupils	30
Cost (approx.)	£38
Activity Description	<p>A fun filled adrenaline packed day whereby you will take part in 3 exciting activities- Fox fall, Zip trail and Ringo. Fox fall is a low ropes course challenge over water. Zip trail is a zip line course in the trees 30ft above the ground and ringo are big inflatables that tear down the lake at speed!</p> <p>We will travel by private coach from school and back.</p> <p>What you will need- a swimming costume, towel, change of clothes, change of shoes (shoes that you don't mind getting wet), packed lunch and snacks. You can bring some money if you wish but the cafe is expensive so bring your own from home!</p>

<u>Activity Title</u>	<u>Mountain Biking</u>
Number of Pupils	10
Cost	free
Activity Description	<p>If you like cycling and being out of doors this is for you! The only requirement is that you can ride a bike confidently in different terrains. The day will involve a ride to the Pentland hills using a variety of cycle paths and small roads. You will need to bring; waterproof clothing and a packed lunch and plenty of water for this wonderful cycle.</p>

<u>Activity Title</u>	<u>Outdoor Survival</u>
Number of Pupils	8
Cost (approx.)	£8
Activity Description	A day learning how to survive in the wild! If you want a foundation to being the next Bear Grylls, this could be the day for you. You will be building fires, cooking food, building shelters and exploring the outdoors.

<u>Activity Title</u>	<u>Paranormal Investigations</u>
Number of Pupils	12
Cost (approx.)	Free
Activity Description	Do we have ghosts here at RHS?! Spend the day investigating the paranormal activities of RHS with our teacher ghost expert. Not for the easily scared!

<u>Activity Title</u>	<u>Rock Climbing</u>
Number of Pupils	15
Cost (approx.)	£15
Activity Description	<p>It will suit experienced climbers or beginners alike- all you need is an appetite for adventure- no previous experience required.</p> <p>We use Blackford Hill Outcrops- a series of pinnacles, ridges and rock faces which provides a great environment to develop the full range of skills working with a qualified instructor.</p> <p>You will learn to belay, abseil, lead climb on natural rock.</p> <p>The cost includes all specialist equipment, transport and instruction.</p> <p>You will need ordinary sportswear, trainers etc. and outdoor clothing to keep dry and warm. Bring a packed lunch.</p>

<u>Activity Title</u>	Sketching and Photographing Edinburgh
Number of Pupils	20
Cost (approx.)	Bus fares only
Activity Description	<p>A day out sketching and photographing Old Edinburgh. We will visit Greyfriars Churchyard, Grassmarket, the Museum and George 1V bridge area, and do sketches with different materials. We will use camera techniques to photograph the area from different shots and angles, and create interesting views.</p> <p>Sketchbooks will be provided.</p>

<u>Activity Title</u>	<u>Skiing and Tubing - Monday</u>
Number of Pupils	24 - 36
Cost (approx.)	£35
Activity Description	<p>Full day trip - Three hours of skiing tuition at Hillend plus one hour of tubing. Bring a packed lunch. Open to all levels of skiers ideally beginners.</p>

<u>Activity Title</u>	<u>Snowboarding and Tubing-Tuesday</u>
Number of Pupils	24 -32
Cost (approx.)	£35
Activity Description	Full day trip - Three hours of snowboarding tuition at Hillend plus one hour of tubing. Bring a packed lunch. Open to all levels of boarders, ideally beginners.

<u>Activity Title</u>	<u>Snowboarding or skiing and Tubing- Wednesday</u>
Number of Pupils	48
Cost (approx.)	£35
Activity Description	Full day trip - Three hours of snowboarding tuition at Hillend plus one hour of tubing. Bring a packed lunch. Open to all levels of boarders, ideally beginners.

<u>Activity Title</u>	<u>Sports Day</u>
Number of Pupils	60
Cost (approx.)	£2
Activity Description	Spend the day trying out three different sports with specialised coaches. Get active, have fun and spend some time with your peers!

<u>Activity Title</u>	<u>Visual Art Gallery trip</u>
Number of Pupils	20
Cost (approx.)	Bus fares only
Activity description	<p>Immerse yourself in the Visual Arts Day. Spend the day going to Museum of Scotland / The Dovecot Studio/ The National Portrait Gallery / Museum of Modern Art 1 or 2 / The Galleries at the Mound. Venue (s) to be chosen later, depending on exhibitions & interest.</p> <p>This will be a no cost day, but you may want to bring cash to buy things in the shop. You will need to bring a packed lunch, water & comfy and weather suitable shoes.</p>