

Outdoor and Adventurous Activities at Sir John Hunt

Coasteering – Basically we climb and scramble along the cliffs by the sea, just above the water. When it gets too difficult to climb we jump in and swim. Or we just jump in when we see an exciting looking jump! The best animals we've seen so far are a Seal and a shoal of Jellyfish with flashing lights in them.



Equipment you'll need –A big towel to change behind

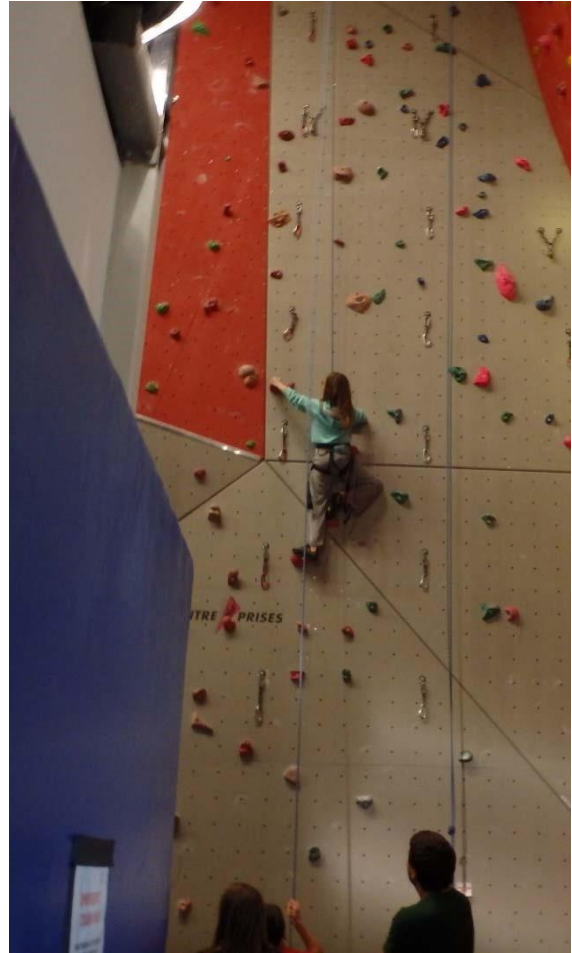
Trainers you don't mind getting wet

Shorts/ swimming costume to wear under your wetsuit

Socks to wear in your trainers (protects from sand and grit in your shoes, and jellyfish!)

Snacks

Rock Climbing (Indoor and Out) – Either at Life Centre if it's too dark or too cold outdoors, or at one of the cliffs on Dartmoor. You see fantastic views, often looking down at the tops of trees, and you'll challenge yourselves and your friends to reach the top or do the hardest climb they can possibly try!



Equipment you'll need - PE kit (Trackies not shorts if we're going outdoors)
Warm jacket (or you can borrow one)
Snacks

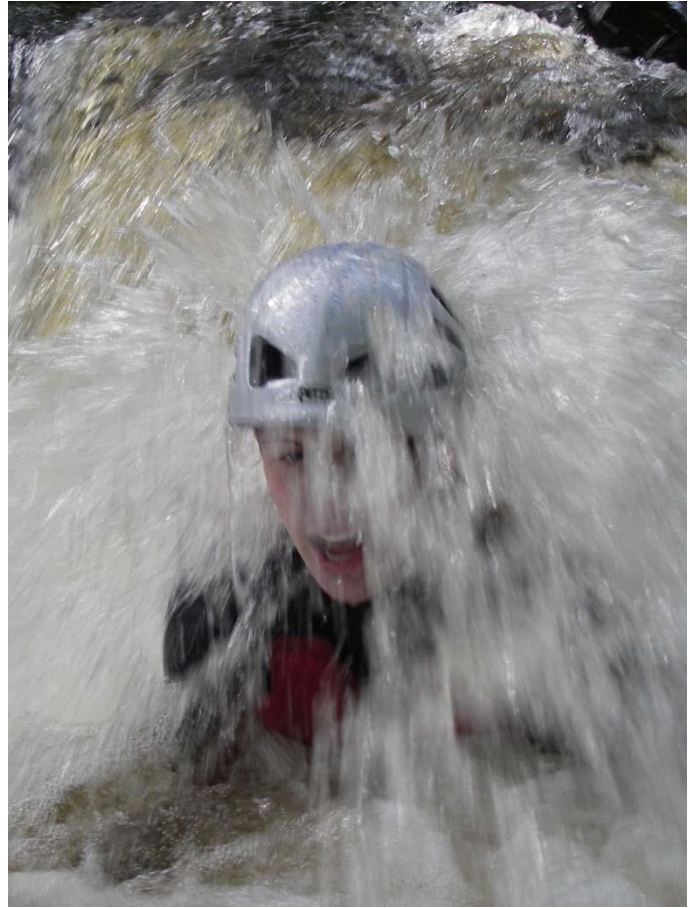
Lake Jump – This takes place on Bodmin Moor at a quarry called Goldiggins. The quarry has really steep sides and is filled with a **very** deep lake, meaning it's great for jumping into. The jumps range from 2m to 12m so you can work your way up. You get provided with a wetsuit and buoyancy aid.



Equipment you'll need –

- A big towel to change behind
- Trainers you don't mind getting wet and muddy
- Shorts/ swimming costume to wear under your wetsuit
- Socks to wear in your trainers
- Snacks/ drinks

Gorge Walking – Wearing wetsuits and buoyancy aids we scramble up a river, finding pools to swim in and waterfalls to get in behind and look out. If there's been enough rain we get to jump and slide into the pools.



Equipment you'll need –A big towel to change behind

Trainers you don't mind getting wet

Shorts/ swimming costume to wear under your wetsuit

Socks to wear in your trainers (protects from sand and grit in your shoes)

Snacks

Canoeing or Kayaking – We go to Alder lake and learn how to paddle the boats, then we play games ranging from Canoe Polo to Tag. If you don't want to get wet you can probably manage to stay dry, but usually it ends with inventive ways to jump / slide out of a boat, and a jumping competition from the shore! Occasionally with the correct tides and wind we can go on the river Tamar, Yealm, or Tavy.



Equipment you'll need –A big towel to change behind
Trainers you don't mind getting wet
Shorts/ swimming costume to wear under your wetsuit
Socks to wear in your trainers (protects from sand and grit in your shoes)
Snacks

High Ropes — Usually we have time to do both the high ropes course in the trees and the flying-squirrel jump for a trapeze bar! Don't worry, you are clipped-in at the time!



Equipment you'll need - PE kit (Trackies not shorts)
Warm jacket (or you can borrow one)
Snacks

Bushcraft / Campfire/ Wide Games/ Tree Climb – Occasionally we go into the Plym woods or Whitleigh woods and roast marshmallows on a fire. We'll also build shelters and play wide games such as man-hunt and camouflage.



Equipment you'll need - PE kit (Trackies not shorts)
Warm jacket (or you can borrow one)
Snacks

Overnight Camps – For year 7 we go to Sconner Down and play wide games then have a camp fire. For years 8 and 9 we go onto Dartmoor in smaller groups and find somewhere wild to camp, away from civilisation! You can borrow most of the equipment.



Equipment you'll need – Waterproofs

Warm jacket (or you can borrow one)

Snacks

Spare set of clothes (no jeans – they don't dry if wet)

Boots with long thick socks

Sleeping bag and mat

Torch

Mountain Biking – Usually done on the Plymbridge woods' trails, using Plymouth School Sports Partnership mountain bike instructors. We get muddy pedalling up tracks and some tricky, rocky paths, to try and get as much height as possible before we ride back down, weaving through the woods.



Equipment you'll need - PE kit (Trackies not shorts)

Warm jacket (or you can borrow one)

Gloves

Snacks and a Drink as you can get hot cycling uphill