



**Foundry College**

nurture · inspire · achieve

**Alternative Provision (AP)**

**2023 - 2024**

**Primary**

# CLIMBING CLUB



## SESSION INFORMATION

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Climbing is way more than just a fun thing to try. Done regularly it has **huge health benefits**, including increased strength, muscle building, improved cardio, flexibility, and mental well-being.

Indoor rock climbing and bouldering **positively impact mental health** through the strategic approach to challenges and problem-solving.

Climbing is a dynamic exercise that combines strength, cardio, and risk management. It is often described as **solving a puzzle with your body**, requiring strategic thinking, adaptation, and pushing yourself to make a move even if you think you'll fall.

The challenges of climbing are unlimited. The variety not just in difficulty, but the types and degrees of walls, different holds, and body positions are almost infinite. It also doesn't get easier as you improve, the routes just get harder.

## LEARNING OUTCOMES

- Team work and resilience
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

## DETAILS

LOCATION:	OAKWOOD, WOKINGHAM
PARTY LEAD:	QUALIFIED INSTRUCTOR
COST:	£30 PER SESSION (90mins)
COURSE LENGTH:	6 WEEKS (6 SESSIONS)

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All outreach referrals to be made via the Foundry College website:

[www.foundry.wokingham.sch.uk](http://www.foundry.wokingham.sch.uk)

# BRICKIES CLUB



## SESSION INFORMATION

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Brickies play centre provides fun and engaging brick building sessions, using LEGO elements. Every session is carefully storyboarded to create an **immersive experience** for the children to build along to.

Each session commences with an engaging story and presentation that is linked to a chosen topic. Children are then provided with building challenges that are linked to the story; for example, **All about me, Inventive Inventions, Mammals and their habitats and Artemis Mission**.

During the session there are no formal design instructions to follow, **promoting imagination** and **creativity**. **Positive re-enforcement** is given throughout in the form of ideas and suggestions from the activity lead.

Brickies is a **fun environment** that challenges children to **push the boundaries** of their **creativity** and adopt a **free range** way of thinking.

## LEARNING OUTCOMES

- Positive reinforcement
- Team work
- Learning through play
- Imagination/Innovation
- Hand/eye co-ordination
- Lateral thinking development

## DETAILS

LOCATION:	BRICKIES PLAY CENTRE
PARTY LEAD:	EDUCATIONAL LEAD
COST:	£30 PER SESSION (90mins)
COURSE LENGTH:	6 WEEKS (6 SESSIONS)

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