

Alternative Provision Packages

WHAT'S ON OFFER



CLIMBING

Climbing can be both challenging and exhilarating, whilst always bringing a smile to your face. Climbing is a full body workout. It doesn't just keep your body flexible and fit, but it also stimulates and improves your cognitive ability, problem solving and confidence.



BOXING

Non-contact boxing is a fitness workout that takes the traditional moves of boxing and uses them in an exercise workout that focuses on strength, speed, agility, endurance, hand-eye coordination and footwork. Boxing focuses on discipline, improves self confidence, self determination and increases resilience in order to overcome challenges.



MTN BIKING

In terms of behavioural benefits, mountain biking fosters resilience, determination, and problem-solving skills. Riders must analyse trails, make split-second decisions, and overcome challenges, enhancing their cognitive abilities. It encourages perseverance and self-confidence, as riders progressively tackle more difficult trails.