



ACTIVITY SELECTION FORM

This form has been designed to assist us with the production of your UKSA Programme. Please fill out the first part of the form and tick any of the activities you would like included in your programme. We will endeavour to include as many of your choices as possible when putting together your Programme.

When choosing your activities, please take into account the length of time you are at the Academy. Water based activities will start the first morning following your arrival and finish before lunch on your day of departure

Once completed, this form needs to be returned to the UKSA as soon as possible.

School Name:

Dates of Travel:

Course Type:

Aims & Objectives:

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If you have visited the academy before and would like to follow the same programme as last year, please tick the box.

Additional Comments:

Multi Activity Options

All Multi Activity Programmes will include Dinghy Sailing, Kayaking and Windsurfing unless otherwise informed.

| Activity | Description | Duration | Tick |
|----------------------|--|--------------------|------|
| Dinghy Sailing | As part of a multi activity course the dinghy sessions will be an introduction to the basic skills of sailing. If you would like a specific dinghy course that follows the RYA youth scheme or the adult levels scheme, please contact us. | 1/2 Day / Full Day | |
| Windsurfing | As part of a multi activity course the sessions will be an introduction to the basic skills of windsurfing. | 1/2 Day / Full Day | |
| Kayaking | Using closed cockpit/sit on top kayaks the students learn basic strokes, play on water games and have the chance to take a trip down the river medina. | 1/2 Day / Full Day | |
| Keelboating | A small day yacht of 26ft can carry six students and one UKSA instructor. Used mainly for day tripping and team work. | 1/2 Day / Full Day | |
| Multi-Hull Catamaran | Using Dart 16 Catamarans....normally an addition to the dinghy session, at the instructors discretion and taking into account weather conditions. It can however be a half day joy ride session. | 1/2 Day / Full Day | |

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| Dragon Boating | A 40ft boat, twenty children, a very loud helm & lots of shouting. Dragon boating is a great introduction or final activity. It promotes team work through the need to paddle at the same time and encourages fun through racing the other boat! | 1/2 Day | |
| Raft Building | Using barrels, old windsurf boards, wooden poles and rope the students have to auction, design and build a sea worthy craft. The aim is to paddle the raft around a course while trying to keep the craft together. This activity promotes imagination, design and a team challenge. | 1/2 Day | |
| Clue Trail | Clue Trail is based at Firestone Copse. The emphasis is on team work and using a map to collect letters from around the course. Suitable for all ages and abilities. | 1/2 Day | |
| Iron Man Competition | A combination of initiative activities, fun challenges and team building exercises. The Iron Man Competition allows the groups to bond using all the activities take place on site so after a long journey down it encourages the students to expend some built up energy. A common activity if arriving at lunch time. | 1/2 Day | |
| Cowes Walk | Only a 10 minute walk from the Academy, Cowes is the centre of the yachting world and home to a host of sailing and water based shops and attractions. Home to one of the biggest events in the Sailing Calendar (Cowes Week), it's a town which is steeped in tradition. | 1/2 Day | |
| Kite Flying | Mainly a light or strong wind alternative. Kiting offers the opportunity to travel to the far side of the island and learn how to use twin line kites. | 1/2 Day | |

Specialist Options

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| High Performance | Dinghy specific for those students with suitable experience, and feel the need for speed. We have a wide selection of high performance boats. | Full Day | |
| Surfing | An introductory session to the 'audacious' sport of surfing. Students are taken through the basics of board riding by a qualified BSA surfing Instructor on the South Coast of the Island. This session is dependant on weather and tidal conditions and will incur an extra charge. | 1/2 Day / Full Day | |
| Power Boating | We can offer taster sessions for powerboating at or dedicated RYA powerboating courses. Extra charge for RYA Courses and subject to availability. | 1 Day / Length of stay | |
| Yachting | With 13 yachts available at very competitive prices for day work or longer trip sometimes even to France! - Extra Cost may be applied. | 1 Day / Length of stay | |
| Dinghy, Windsurf or Kayak Course | Choose one of these disciplines for the length of your stay and work towards your RYA levels or BCU star awards. | 1 Day / Length of stay | |

Educational Options

The Following options are visits which can add to the educational value of your visit to the Isle of Wight. These trips can be booked and organised directly by the Party Leader and can be included in your Activity

Programme in consultation with the Academy. Where possible we will use UKSA vehicles to transport you to your destination, where this is not possible we will need to hire out alternative transport. Please specify in end box any dates you have booked for any of the visits below. We can work the rest of your programme around your trip.

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| P.E Adventure | Using a range of watersport activities we can tailor sessions to meet a number of P.E modules, i.e. health and safety, residential outdoor activities | Course | |
| Skills Adventure | A course for enhancing key, functional or personal learning and thinking skills - Using your choice of awarding body or simply to add focus to your sessions we will work with you to improve application of numbers, communications, improving own learning performance, ICT, problem solving. | Course | |
| Eco Adventure | Combining environmental and sustainability education with outdoor adventure - see brochure for activity days. | Course | |
| Carisbrooke Castle | Rich in intrigue, power and tragedy, the castle flourished in medieval times, but is probably most famous as the prison for Charles 1st, just before his execution in January 1649. A great historical educational visit. Free entrance to all school groups. Teachers need to speak to Carisbrooke Castle direct for a booking form. Tel: 01983 522107. www.english-heritage.org.uk | 1/2 Day | |
| Osborne House | The Holiday home of Queen Victoria and Albert, provides a great opportunity for groups to experience the life of a Royal, with extensive grounds and gardens as well as the Main House and the Swiss Cottage it's an experience not to be missed. Free entrance to School Groups. Teachers need to speak to Osborne House direct for a booking form. Tel: 280201. www.englishheritage.org.uk | 1/2 Day | |
| Branstone Farm | Branstone Farm Studies Centre gives younger children the rare opportunity to sample life on a working farm. Each guided tour lasts about 2 hours with valuable hands on experience. Children learn about animal husbandry, farming techniques and conservation matters. A full day is also available including a pond dipping workshop. For more information visit www.iwight.com/branstonefarm | 1/2 Day / Full Day | |
| Dinosaur Farm | Learn about the biggest beasts to roam the earth in this fascinating museum. The Isle of Wight is famous for it's fossil finds and where better to start than the oldest dinosaur museum on the island. Learn more at www.dinosaurfarm.co.uk . The cost for the museum is £1.50 per person. | 1/2 Day | |
| Alum Bay and the Needles Pleasure Park | Attracting nearly half a million visitors each year the needles pleasure park offers a range of activities from a chairlift to and from the beach, filling your own souvenir with the famous coloured sand from Alum Bay to sharing the secrets of the glassmakers. A fun and educational attraction which will incur extra costs. Visit www.theneedles.co.uk and www.soton.ac.uk/~imw/Alum-Bay.htm | 1/2 Day | |
| Blackgang Chine | Blackgang Chine receives visits from over 500 school parties each year and though it is easy to see that the park offers a wealth of fun activities and attractions to excite children's' imaginations. A number of the features also help their study, particularly at key stage levels 1 and 2 within the curriculum. Visit www.blackgangchine.com for prices and more information. | 1/2 Day / Full Day | |

Early Morning Options

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| Early Morning Crabbing | Again ideal for the early risers! We offer you the ability to run these early morning sessions with your youngsters or we can run them for an extra fee... Most choose to run this fun session themselves we can provide risk assesment, safety equipment, back up managment staff and of course crabbing equipment! |
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EVENING ENTERTAINMENTS

Evening entertainments run from 1830hrs-2100hrs.

Please tick which activities you would like included in your evening programe, and take into account how many evenings you are at the academy and the time of year.

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| Swimming Pool Games | Our heated indoor swimming pool gives you the opportunity to have fun and play games. The swimming pool has a capacity of 20 people, therefore most groups combine this session with another activity. We recommend that this activity is paired with another as it is rather a long time to be in the pool all evening. |
| Swimming Pool Fun Session | As above except that there are no structured games, you are free to have fun! As above it is recommended that you pair this up with another activity. |
| Quiz Night | A fun night for all the group. The quiz night is hosted in one of our multi-media lecture rooms. It is continously updated and age specific. A good idea is to have the quiz near the end of your stay as some of the questions will be about the academy. |
| In House Cinema | With a huge choice from the local Blockbuster store, this evening offers the possibility to have a relaxing night in, without the rustle of popcorn!!!! |
| Talent Show | Something for the group to think about before hand.You might want to bring your own props or music along. Done on either an individual or team basis, the night is about getting the group to work on their act and perform it to the rest of the group at the end of the night. |
| Fashion Show | A great opportunity to make yourself look as ridiculous as possible.....or as cool a cat walk model. |
| Scavenger Hunt | Using the site, teams must explore the site to find items. Each item has a specific value. Once the Scavenger Hunt has finished the teams add up the total of their haul.This is recommended to be paired up with Egg Drop or Boatbuild. |
| Egg Drop | Either using the total they have made from scavenger hunt to buy the equipment or playing on its own, in teams you have to create out of various items a secure parachute for your fresh egg, that will be dropped from a great height! There can only be one winner! |
| Boatbuild | Using the total they have made fom the scavenger hunt, they can purchase equipment to design and build a model sailing boat. At the end of the session the boats are tested to see if they will float and sail. |
| Crabbing | Catch a Crab in Cowes..... The group drop lines from the Pontoons and see who can catch the biggest crab. Great fun and you don't need any fancy equipment, just a bit of string and some tasty meat for the crabs to grab.Follwed up by a crab race down the slipway! Recommended to pair up with another activity. |
| Rec Games | A combination of races, sports, games and an energy burning session, keeping the group active untill bedtime. The activities take place on the recreation ground a short walk away from the Academy. |

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| Team Challenge | The Outdoor team challenge uses problem solving exercises getting the group working as a team and looking at leadership and communication skills within the group. | |
| Indoor Team Challenge | As above, for the evenings that are not so sunny or dry! | |
| Disco | Party Time!!! A brilliant last night activity for all onsite groups. | |
| Billy Bones Interactive Storytelling | Interactive Storytelling by a local Island Historian know as Billy Bones.Choice of stories include. 'Life of Smugglers', 'Life of a Victorian' and 'Life on board a Tudor Warship'. Only one story is told per performance. An extra cost of £2 per person is payable to Mr Bones.Min fee £70.Sorry not available during school summer holidays.Subject to availability. | |
| Theory Lectures | Learn all about tides, weather, spinnaker training, buoyage, rules of the road or advanced boat rigging with our fun but educational lectures. N.B. This option would not fill an entire evening, we recommend that you combine this with another option i.e. Disco or Swimming pool. | |
| Karaoke | For all those budding Britney Spears or Robbie Williams. Get on up and sing your heart out with our new professional karaoke machine! | |

Only one of the following activities are available per visit.

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| Beach Games | Based at either Ryde or Sandown beach the games consist mainly of traditional sports supervised closely by our staff. | |
| Ten Pin Bowling | At LA Bowl in Ryde. A twenty two lane complex including fast food bar, amusement machines and pool tables. Pre-booked by UKSA, LA Bowl can offer members prices at approximately £3.60 per person per game (includes shoe hire) | |
| Sandown Pier | Adventure Golf, Arcades or Candy Floss the pier hosts an array of classic seaside attractions. Extra spending money is essential. Entry fee, £2.00 (under 12's), £2.50 (12yrs+). | |
| Cineworld Cinema | 13 screen luxury stadium cinema in the capital of the Island, Newport. The Cineworld cinema offers the latest releases. Adults £4.70, Children (14yrs and under) £4.00. Bargain Tuesday is only £3.80! | |
| Needles Walk | At the western tip of the Isle of Wight are the coloured sands of Alum Bay where the 3 tall rocks known as the Needles jut out from the sea. Overlooking the Needles is Needles Old Battery, a fort used as a lookout post during the Second World War.The walk takes the group around the edge of Alum Bay to the entrance to The Old Battery and then skirting the Tennison Downs back to the main car park. | |

EVENING ENTERTAINMENTS CHECKLIST

| Activity | On site - indoors | On site - outdoors | Off site - indoors | Off site - outdoors | Transport needed | 8-9yrs | 10-12yrs | 13-14yrs |
|----------------------------------|-------------------|--------------------|--------------------|---------------------|------------------|--------|----------|----------|
| Swimming Pool Games | √ | | | | | √ | √ | √ |
| Swimming Pool Fun Session | √ | | | | | √ | √ | √ |
| Quiz | √ | | | | | √ | √ | √ |
| In House Cinema | √ | | | | | √ | √ | √ |
| Talent Show | √ | | | | | √ | √ | |
| Fashion Show | √ | | | | | √ | √ | |
| Scavenger Hunt | | √ | | | | √ | √ | |
| Egg Drop | √ | √ | | | | √ | √ | √ |
| Boatbuild | √ | √ | | | | √ | √ | √ |
| Crabbing | | √ | | | | √ | √ | √ |
| Rec Games | | | | √ | | √ | √ | √ |
| Team Challenge | | √ | | | | √ | √ | √ |
| Indoor Team Challenge | √ | | | | | √ | √ | √ |
| Disco | √ | | | | | √ | √ | √ |
| Billy Bones - Smuggling Stories* | √ | | | | | √ | √ | |
| Theory Lectures | √ | √ | | √ | √ | √ | √ | √ |
| Karaoke | √ | | | | | √ | √ | √ |

AT BUSY TIMES THE FOLLOWING MAY HAVE TO BE LIMITED TO ONE ACTIVITY PER GROUP PER VISIT

| Activity | On site - indoors | On site - outdoors | Off site - indoors | Off site - outdoors | Transport needed | 8-9yrs | 10-12yrs | 13-14yrs |
|-------------------|-------------------|--------------------|--------------------|---------------------|------------------|--------|----------|----------|
| Beach Games | | | | √ | √ | √ | √ | √ |
| Ten Pin Bowling* | | | √ | | √ | √ | √ | √ |
| Sandown Pier* | | | √ | | √ | √ | √ | √ |
| Cineworld Cinema* | | | √ | | √ | √ | √ | √ |
| Needles Walk | | | | √ | √ | √ | √ | √ |

* = extra charge