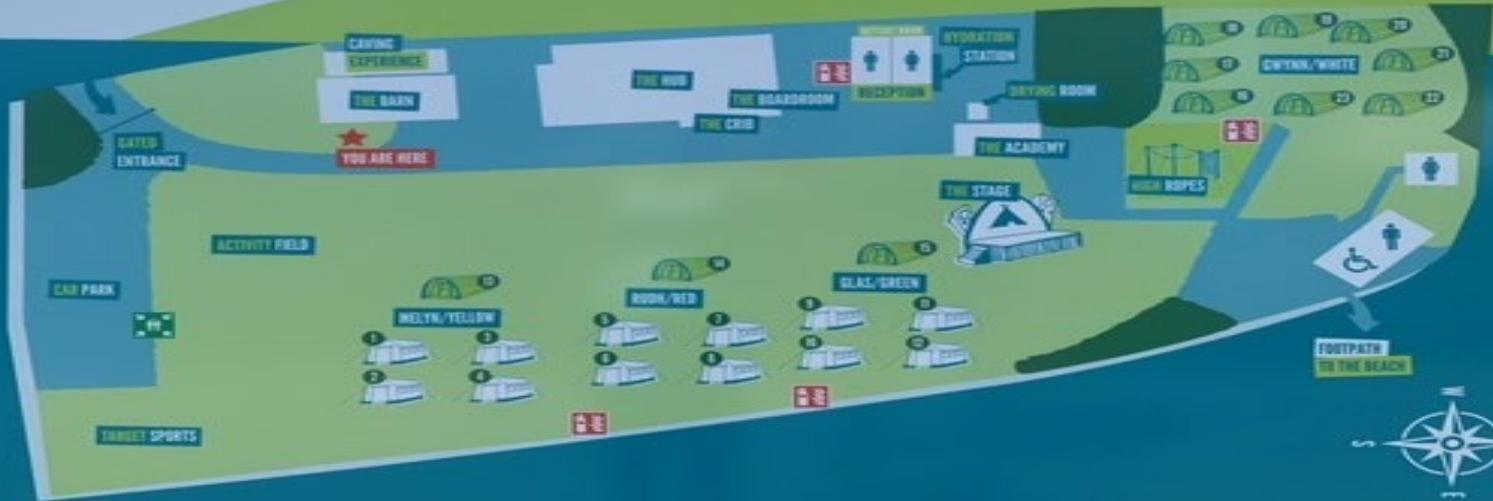




WELCOME TO  
PORTHPEAN OUTDOOR

WE WISH YOU  
AN EPIC STAY!



## Year 7 Residential Experience October 2023. Porthpean Outdoor Education Centre, St Austell

Please note this presentation/kit list will be available on the school website within the next 48 hours.

Specific details of Porthpean Outdoor Education Centre can be found at <https://porthpean.com/>



A short introduction – I have been a PE teacher at Liskeard School and Community College for 24 years and this is probably the 22nd year that I have led the Year 7 residential trip. I have also led school trips to climb Mt Toubkal in North Africa, ski trips to Austria, Andorra and Italy and football trips to the World Cup in Germany and the Gothia Cup in Sweden. I look forward to the opportunity to take your son or daughter to Porthpean Outdoor Education Centre and can assure you that any concern that you may have can normally be solved simply by contacting me and investigating possible solutions. My contact details are available at the end of this presentation.

## Why do we go? The Porthpean ethos

- For pupils to bond with their peers and staff.
- To use the outdoor environment to enhance their learning.
- To experience something new, different and interesting.
- To have a great time!

# When do you go?

Mon 16<sup>th</sup> Oct - Wed 18<sup>th</sup> Oct

7 L (Mr Baker )

7 I (Mrs O'Shea)

7 S (Miss Pritchard)

7K (Miss Farina)

Wed 18<sup>th</sup> Oct - Fri 20<sup>th</sup> October

7 E (Mr Bainbridge/Replacement - Miss Briggs)

7 A (Miss Fursman)

7 R (Mrs Soriano)

All Year 7 Students are at Porthpean on Wed 18<sup>th</sup> October

## Who goes with you? Travelling staff

- Head of Outdoor Education - Mr Lemin
- Senior Cover Supervisor - Ms Strevens
- Head of Year - Mr Rowe
- Assistant Head of Year 7 - Mrs Piriou
- Tutor group leader
- 1 Level 3 Leadership Student per tutor group (6th formers)
- 2 peer mentors per tutor group (Year 9 students)

## Information and departure details

- Kit lists are available through satchell post, on the school website and from the school reception.
- No mobile phones/electrical devices.
- On the day of departure - meet to be registered in the Old Hall at 08.45am (not your normal tutor base).
- We leave at approximately 09.30am.
- And arrive at Porthpean Camp at 10.00am.

# Accommodation details

- Tents are arranged in an oval shape to create a 'tent village'. Each tutor group is assigned to one tent village.
- Canvas tents offer up to 12 single bunk beds, all raised off the ground, meaning a warmer and dryer sleeping experience. The tents are insulated from the ground with padded flooring.
- All tents are either all-male or all-female.
- Students need to bring sleeping bags, duvets, blankets and pillows (being warm at night is important!)
- Tutor group leaders sleep in their village in a pod separate to tents.
- There is also a duty pod occupied by sixth formers.





# Catering

- Pupils need to bring a packed lunch for Day 1 (Monday or Wednesday).
- All other meals are provided by Porthpean Outdoor Education Centre (Breakfast, packed lunch, dinner).
- Students eat in the temporary dining room
- Staff assist with the serving of meals.
- Each tutor group does one dining room duty (collecting plates, etc).
- All students need a water bottle and a cup/mug



# Temporary Dining Room



Blackhead  
Walk

Problem  
Solving

Water  
Sports

Leap of  
Faith

What do you  
do?  
Activities  
include:

High  
Ropes

Caving

Zip Line

Rock  
Climbing

Beach  
Activities

# Further details on some of the activities: The Blackhead Walk.



The Blackhead walk is a five mile (approximately) circular walk starting and finishing at the campsite. It usually takes three to four hours and includes large parts of the National coast path. Groups stop frequently for refreshment/work breaks and simply to take in the wonderful views of St Austell harbour over towards Gribbin Head.





# Water Sports.

This is an instructor led activity. Wetsuits and buoyancy aids are provided by the centre. (Students can bring their own full length wetsuit if desired). All students need to provide shoes appropriate for this activity (old trainers, wetsuit shoes etc)



# Porthpean Beach



The type of water sports activity is dependent on the weather conditions. Students will usually experience kayaking in single and double sit on kayaks. Very occasionally the conditions are more suitable for body boarding,



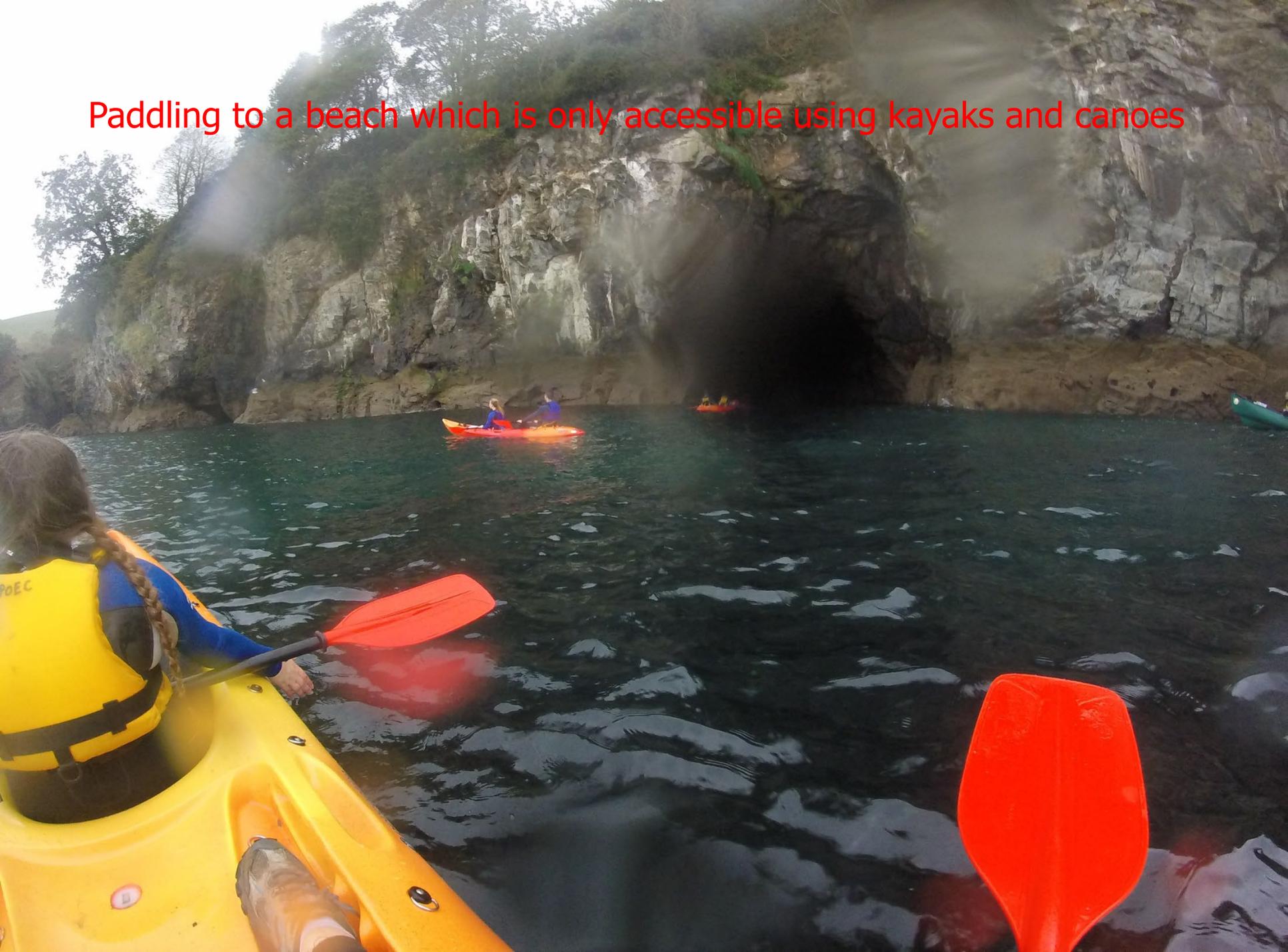
Less confident students experience this activity by accessing a bell boat (effectively two canoes lashed together and controlled by an instructor). These cater for about ten students working as a team.



# Crashing out through the surf



Paddling to a beach which is only accessible using kayaks and canoes







On reaching the beach students are encouraged to swim and jump from nearby rocks.







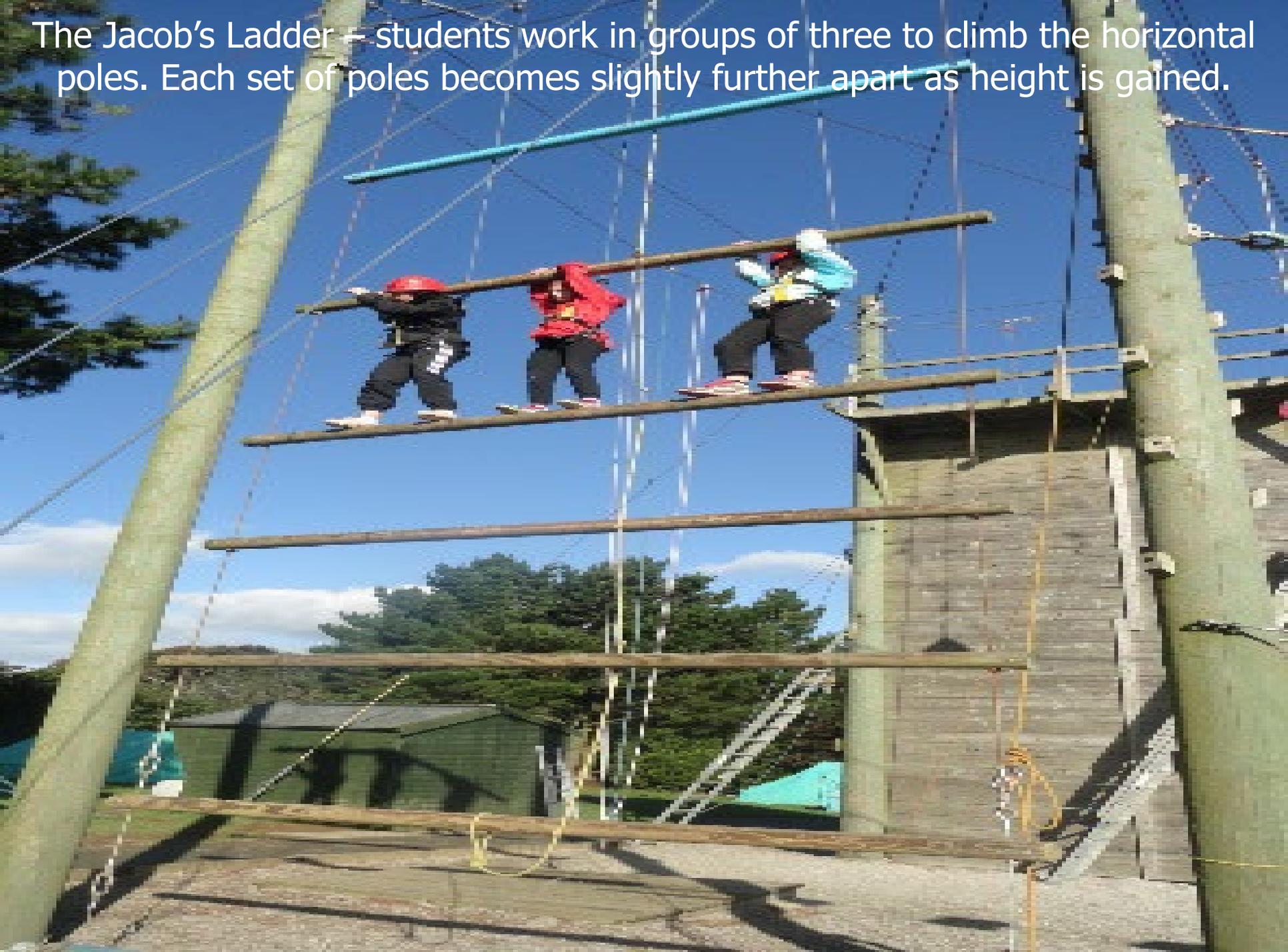
## High Ropes Course

This is an instructor led, half day activity that usually includes three separate elements.



Students wear full body harnesses and helmets. In this photograph, they are being introduced to the activity.

The Jacob's Ladder – students work in groups of three to climb the horizontal poles. Each set of poles becomes slightly further apart as height is gained.



At the top of the ladder one of the students rings a suspended bell to demonstrate their combined success.



The Paired rope challenge. Two students work in opposition to gradually gain height using both the wooden poles and the suspended ropes. The winning students crosses the 'finishing line' first.



This is the Wobbly pole challenge. Students work as a group of four. One at a time they climb the wobbly pole, using the attached wooden holds.

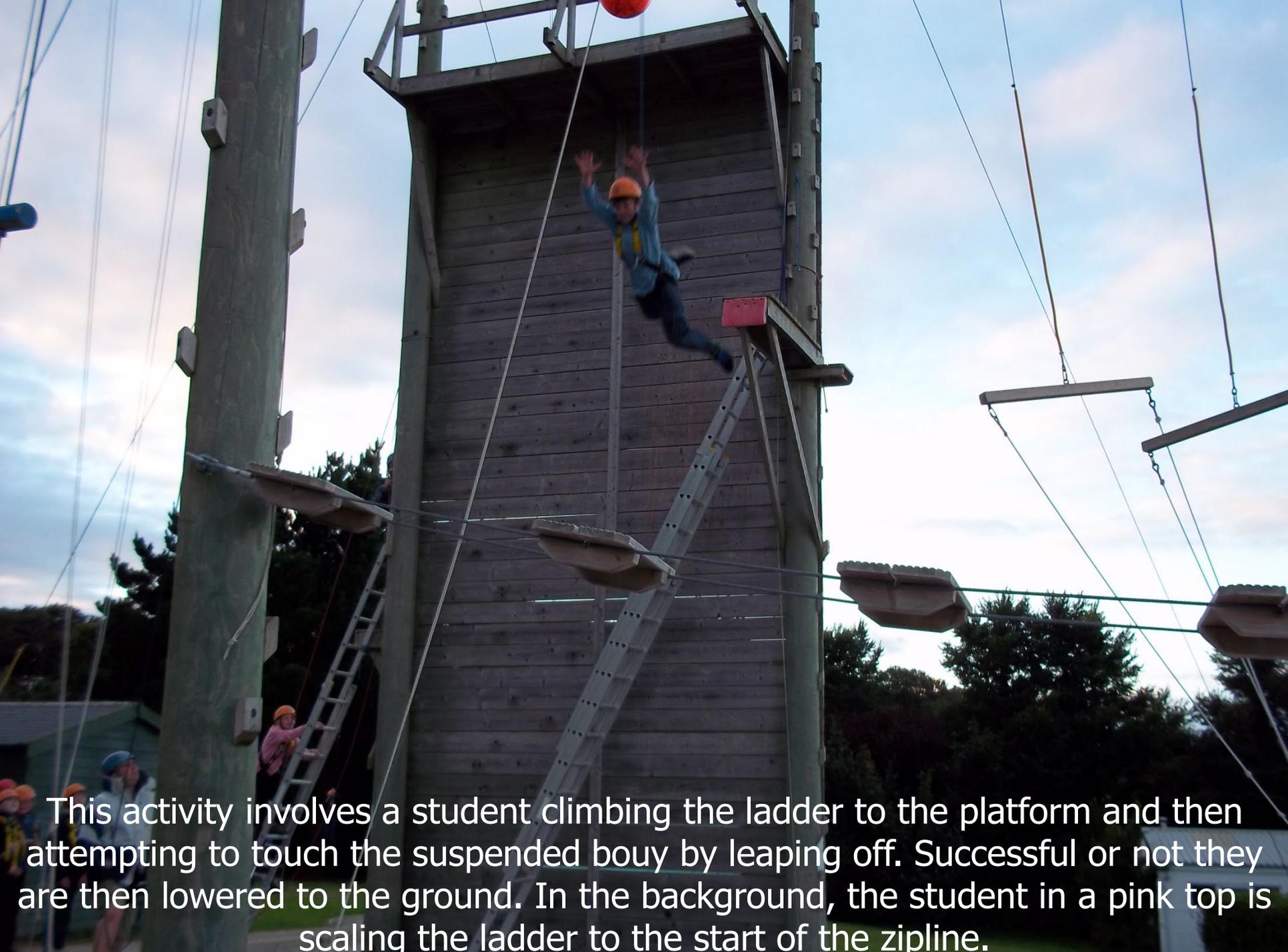
They negotiate the platform overhang to climb on top and stand up. Once the group are successfully on top, the instructors encourage them to hold hands/arms and lean outwards.

A test of nerve and teamwork!



# The Leap of Faith





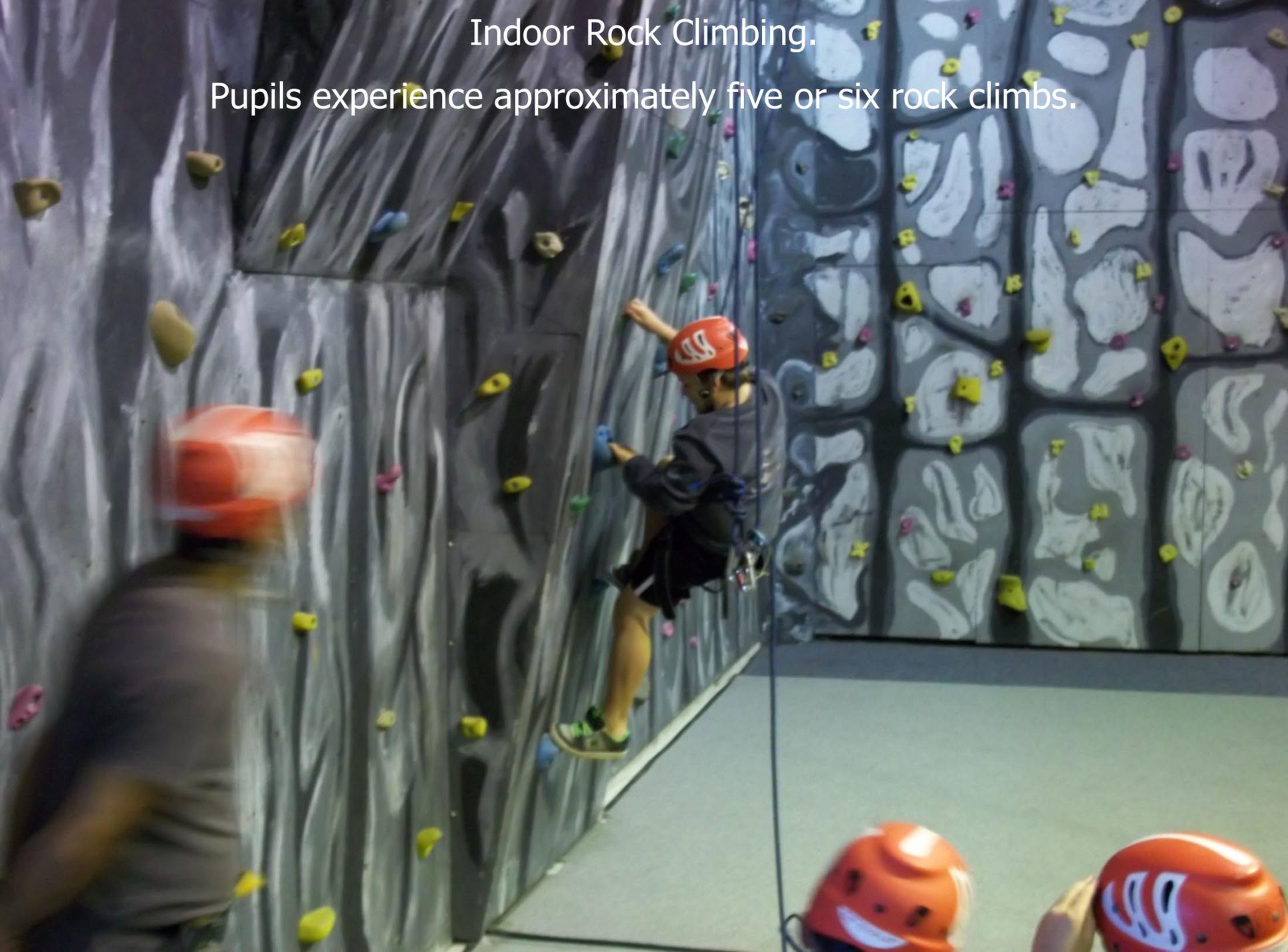
This activity involves a student climbing the ladder to the platform and then attempting to touch the suspended bouy by leaping off. Successful or not they are then lowered to the ground. In the background, the student in a pink top is scaling the ladder to the start of the zipline.

# The Zip line



## Indoor Rock Climbing.

Pupils experience approximately five or six rock climbs.



# Evening Activities

Occur between approximately 18.00 – 21.00



## Indoor Problem Solving

This activity takes place in the dining room and includes a variety of problems for students to solve either individually or within a team.



Build an outdoor shelter using tyres, tarpaulins and lengths of rope.



## Caving.

The 'caving system' is attached to the back of the barn. Entry is gained by 3 portholes at lower wall level. Students are led, by an instructor, through a series of tunnels and caverns.



# Liskeard's Got Talent



The last of the evening activities is the Night line. I'm sure your son/daughter will speak about this on their return!



## Return details.

- On the day of return (Wednesday or Friday) – tents are emptied, the campsite is litter picked, odd socks/towels and swimsuits are reunited with their owners.
- We leave the campsite at approximately 14.15pm.
- And arrive back at school at about 15.00 pm.
- Pupils can catch their normal school bus, be collected by parents or even walk home!!
- X Cohort are back at school on Thursday and Friday.
- Y Cohort – into ½ term!!

Sunrise over camp.



To conclude, can I please bring your attention to the following:

- Matter of urgency on my part to clarify whether specific students are travelling.
- Payment can be made through the school parent pay system (Details from the school finance office).
- Please contact me with any concerns
- Please speak to Ms Strevens with respect to medical/dietary issues.
- Direct phone to the PE office – 01579 325739
- Email – [mlemin@liskeard.net](mailto:mlemin@liskeard.net)
- I am more than happy to arrange individual meetings with parents.