

HEAD4HEIGHTS - SCHOOL PROGRAMMES

1. Introduction To High Ropes
2. Moving On –Ages 8 +
3. New Start – Ages 8 +
4. Leadership- Ages 11 +

1. Introduction To High Ropes

Course Duration: Option of 6 x 2hr, 3 x 4hr or 2 x 6hr sessions. Dates and times are flexible 365 days per year during day light hours.

Course Numbers: 8 – 24 participants

Cost: £99pp plus vat

Age Requirements: 12yrs and above

Aims and Criteria:

To teach Communication, Presentation, leadership, rope & knot handling, confidence, teamwork, safety awareness among others. All these skill will be introduced throughout the programme in a variety of challenging events which the students will complete as part of the programme

Course details: Head 4 Heights are currently running an “Introduction to High Ropes” course for students aged 12 and above. This Course is an ideal opportunity to give the students an early insight into working in an outdoors environment. The course will teach students the Skills involved in setting up and running events at an Outdoor Aerial adventure centre.

The Course is not limited to students who have a Head 4 Heights, all students taking part in the course, do so on a challenge by choice basis. All aspects of the course can be covered on a ground basis too.

This Course will be assessed throughout the programme and there will be no need for any written examinations. We hope that in taking part in this course it will prove an invaluable experience for later life, and give the students that much needed confidence in all working environments.

A detailed outline of the course can be obtained upon request. Contact us on 01285 770 007.

2. Moving On- Ages 8yrs +

Course Duration: Option of 2hr, 3hr, 4hr, 5hr of full day programme

Course Numbers: 8-48 participants

Cost: 2hr at £16.50pp, 3hr at £19.50, 4hr at £22.00, 5hr at £25.00, full day at £27.00 plus vat.

Age Requirements: 8yrs +

Aims and Criteria:

We specialise in helping children and adults achieve goals they never thought possible. With this being the final year of Primary life for your Year 6 Students, and with the often worrying prospect of Secondary Life, we have set up a “Moving On” programme at Head 4 Heights. Through this we hope to give the Year 6 children that much needed confidence and sense of their own achievement in the events they will take part in on our Ropes course.

The “Moving On” programme will also give the Year 6 children that last outing together after often spending the better part of 6 years together in the same classrooms. It would be a great reward for the children after their SAT’s to celebrate together with the staff all the achievements made over the past year, be it large or small. We Hope that the challenges they face at Head 4 Heights will prepare them in some way for the challenges they will face over the next 5 or more years at Secondary School.

Contact us on 01285 770 007 for further details.

3. New Start – Ages 8yrs +

Course Duration: Option of 2hr, 3hr, 4hr, 5hr of full day programme

Course Numbers: 8-48 participants

Cost: 2hr at £16.50pp, 3hr at £19.50, 4hr at £22.00, 5hr at £25.00, full day at £27.00 plus vat.

Age Requirements: 8yrs +

Aims and Criteria:

Throughout school life students face many “New Starts”, be it their first year in Secondary School or the beginning of 2 Years of study towards their GCSE’s. All these new starts can be daunting, and can feel like there is a huge change in their lives that they have to deal with. At Head 4 Heights we have set up a programme to enable these new starts to not seem so daunting.

The programme will set achievable challenges for all students. These challenges will vary from standing alone on a 12m Totem pole held only by a rope to, being given the responsibility of taking charge of the safety of a fellow schoolmate. What we hope to achieve with the students through the varying challenges is to show them, whatever is put in front of them, they have the ability to face the new challenge and give it their

best effort, whatever the outcome. Making the new starts they face in life not so daunting.

We focus on a “challenge by choice” basis at Head 4 Heights and make sure each individual reaches the goals they set themselves with the main driving force coming from within.

These “New Start” programmes are also fantastic for groups of students who are new to one another, and what better way to get to know your fellow students than to have a memorable day out, facing challenges together, and completing them together. As we specialise in team building events for corporate clients on a regular basis, we can transfer those skills over to the students.

Contact us on 01285 770 007 for further details.

4. Leadership – Ages 11yrs +

Course Duration: Option of 2hr, 3hr, 4hr, 5hr of full day programme

Course Numbers: 8-48 participants

Cost: 2hr at £16.50pp, 3hr at £19.50, 4hr at £22.00, 5hr at £25.00, full day at £27.00 plus vat.

Age Requirements: 11yrs +

Aims and Criteria:

During school life students are geared towards taking responsibility, be it, prefect duty, captain of the sports teams, head of year, study group leader. All invaluable learning experiences. Leading people can be a real challenge, and one we can support at Head 4 Heights.

The Leadership programme uses the varying challenges on the aerial adventure course as an aid to bringing out leadership skills within the group of students. They will face tasks which require them to work as a team, and to achieve these successfully they must work together. Through this people will tend to do 1 of 3 things,

1. Naturally begin to lead the group (Trait theory)
2. The extreme situation stirs someone in the action of leadership (Great Events theory)
3. Choosing to be a leader and learn leadership skills (Transformational leadership theory)

The third theory is the most accepted theory and the one on which this leadership course is based.

Through the programme the instructors focus on giving the students responsibilities for the specific challenge or goal, and giving them situations to overcome. This programme can be a great aid to prefect training, cadet groups, lower and upper sixth development.

We hope to give the students more confidence in leading small groups in an active environment, and that these experiences will transfer to whatever their responsibilities in school life may be.

Contact us on 01285 770 007 for further details.