



## Kindilan Activity Descriptions

### **Abseiling\***

Determination and courage are rewarded with an overwhelming sense of achievement for the student who manages to walk backwards over the edge of a climbing tower, under full supervision of a PGL instructor. In addition to learning a new skill, abseiling enables students to understand risks and how to control them.

### **Aeroball**

A cross between trampolining, basketball and volleyball - it's an exhilarating, high-energy sport. Four players learn the basics required - then spring into action! The aim is to get the ball in the opposing player's net. As well as being lots of fun, your students will develop team tactics and improve communication skills along the way.

### **Archery\***

Our qualified archery instructors teach basic archery skills - students will need accuracy, control and a steady hand. The instructors encourage students to develop their technique and show awareness of all safety measures.

### **Bushcraft**

Learn basic survival skills in an on-site wilderness environment, building a shelter, water filtration, knot craft and signalling are some of the many skills developed by the group. Key responsibilities will be identified and shared by the team who will work together to get the most from the 'wilderness' experience.

### **Bush Walk**

Make the most of the local surroundings by taking a short hike in our bushland environment. Spend some quality time getting to know one another as you walk through 180 acres of open bushland, home to a diverse variety of plant and animal species. It's a great way to bring the team together and spend some time reflecting on your camp experience.

### **Canoeing\***

Experience one of our most popular activities and take to the water in a canoe. Challenging and fun, students learn and develop paddling techniques, teamwork and communication skills using a combination of games and instruction both on land and afloat.

### **Climbing\***

Qualified instructors teach students how to recognise and control risks before learning the basic skills and techniques of climbing with a top-rope belay.

### **Crate Stack\***

Working in teams, children use crates and teamwork to try and construct the highest crate stack whilst keeping their balance to stand on top of the stack.

### **Flying Fox\***

Travelling at high speed suspended and harnessed from an overhead cable isn't something forgotten easily! Determination, courage and exceeding limitations are qualities often observed.



### **Giant Swing\***

The ultimate test of nerve and decision-making! A member of the group is harnessed into the Giant Swing and then hauled up to 10 metres into the air by the rest of the group. When the instructor and the person in the swing both agree, the instructor releases the ripcord and the person swings towards the ground at high speed. The question is...how high will you go?

### **Jacob's Ladder\***

It's an exercise in teamwork and friendly cooperation. Your group's objective, in teams of three, is to climb to the top of a suspended ladder of logs. The gaps between each log become wider, the higher you go. Pushing up, pulling up, standing on shoulders - it's all about working together to achieve a joint purpose.

### **Kayaking\***

Kayaking is a great way for groups to explore our beautiful lake. Our instructors will help everyone get started, teach them the basics and then help them to push the boundaries of what they can achieve. There are games and individual challenges to improve teamwork, communication and confidence on the water.

### **Leap of Faith\***

This individual challenge requires determination and courage to climb a six-metre pole. Each student can succeed within their own parameters - even if they don't make the final dive for the trapeze.

### **Low Ropes Course\***

Less than a metre off the ground, this activity promotes teamwork and communication. Students negotiate a series of obstacles and challenges which are not as easy or as straightforward as they appear!

### **Orienteering**

Students are introduced to practical map reading by working in small groups on a number of courses. They develop map reading skills by locating control points within the boundary of the centre. Decision-making, symbol recognition and judgment of distance travelled are all required.

### **Pond Studies**

A fantastic opportunity to discover the flora and fauna in and around our lake and learn more about their water-based habitats. Through the collection, examination and release of critters from our creek, students learn about water catchments, quality and habitats and how we affect this ecosystem.

### **Possum Glider\***

The team on the ground pull on a rope, raising the participant almost 15 metres off the ground and up into the tree canopy. This activity is designed to put the participant outside their comfort zone as they swing around freely. It also encourages communication and teamwork among the rest of the team.

### **Quick Jump\***

A great opportunity to overcome fears, build confidence and create a sense of achievement. Children jump from the top of the 18m tower (with their harness attached to the Quick Jump device) and free fall half way down, before slowing down just before the ground. For the more confident, why not try it again blindfolded?



### **Raft Building\***

Build it well or you are likely to get wet! Promoting teamwork, planning and communication skills, students work together to build a raft from different components that will float and which they can steer.

### **Sensory Trail**

In this fun and exciting challenge, participants work together to complete the trail and the specific games designed to help them understand the importance of each of the 5 senses, gaining empathy for people who operate without one.

### **Team Challenge**

A variety of fun adventure activities with physical challenges which require cooperation and participation from everybody in order to complete.

### **Tree Climb\***

A great way to really experience the bushland environment and actually climb the tall trees that live there. Our qualified instructors will help groups recognise and control the risks and then teach the basic skills and techniques needed for them to climb into the treetops!

\*Delivered by PGL instructors. All other activities are teacher led