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Date 11/07/17

Headteacher: Hayley Marshall

## Herd Farm Residential

Dear parents,

In order for us to confirm the booking for the residential visit to Herd Farm in November, we need to ask parents for a deposit at this stage. To confirm your child's place on this exciting event a deposit of **£15** is required by **Friday 21<sup>st</sup> July 2017**.

We understand that for some families this may be difficult, however we would like to ensure that this is a fully inclusive visit and that **all pupils** are given the opportunity to attend. If you will have difficulties in paying this deposit towards the final balance of £90, please contact me directly at school either by WhatsApp or by telephone call and I will arrange to discuss this with you.

For parents wishing to pay in instalments, please see below the suggested payment plan. All money is to be paid directly to the school office.

In the unlikely event that your child is unable to attend the visit closer to the time, we will be able to refund this deposit.

Please contact me if you have any further questions at this time, I have attached below a summary of some of the activities available during the visit, this information has been sent to us by Herd Farm.

### Total cost of the 5 day residential visit: £90

Date payment required	Amount payable
Friday 21 <sup>st</sup> July 2017	£15
Friday 8 <sup>th</sup> September	£30
Friday 6 <sup>th</sup> October	£15
Friday 20 <sup>th</sup> October	£15
Friday 3 <sup>rd</sup> November	£15

Regards,

Mr Everett



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# Herd Farm Activities

## Low Level Activities

We work hard to ensure accessibility for all our visitors. We apply this in our strategic planning and will always apply reasonable adjustments where we can. Please discuss your particular needs with our staff.

## Assault Course

The assault course is an activity where the emphasis is on teamwork as opposed to speed. The participants have to work together in order to negotiate various obstacles whilst carrying with them a number of pipes and bucket(s) of water. The idea is for the group to complete the course without dropping the items, putting them down on the ground, spilling the water, etc. Obstacles include a rope swing, swinging planks, a cargo net, parallel bars, a horizontal cargo net, a vertical ladder, concrete tunnels, balance beams and monkey bars.

## Adapted Bikes

Available for those with additional needs or those less confident riding on two wheels. Everything from trikes to quads to wheelchair carrying bikes and recumbents. Mainly used in our specially built compound groups can develop their skills and confidence and test their technical ability by adapting their riding technique along our maze of tracks. *Group staff is required to support the session/riders or a high level activity charge will apply.*

## BMX Bikes

Participants negotiate the on-site track on our BMX bikes. The track incorporates elements such as tight bends, steep slopes, steps, a bridge and a wooden platform. Participants are able to take turns at completing circuits. If time permits, the group may also compete in time trials.

## Bush Craft (Charged at higher rate)

Bush craft sessions include fire lighting, without the use of fuel, etc., and shelter building. Following demonstrations, participants work in small groups to source their own tinder and kindling material, before going on to build, light and sustain a small fire. Groups also have the opportunity to work together to build shelters from natural materials sourced on site, as well as a tarpaulin and cord which is provided.

## Low Ropes

The low ropes course is a set of rope- and timber-based elements. Participants are split into small teams, and each member of the team negotiates the course with a spotter either side of him/her for support. The objective is to get around the course, using only the elements and not touching the ground at all. Elements include Balance Beam, Elvis, Swinging Beam, Postman's Walk, Crossover Ropes, Vertical Cargo Net, Rigging Ropes, Diagonal Rope Walk, Indiana Jones Bridge and Pulley Wheels.

## Orienteering – onsite

An exciting search across the Herd Farm site to find 26 markers using maps and compass. Working in small groups or pairs the activity gives participants chance to be detective. Once markers are found these are logged working towards collecting all 26 letters written on each marker. A fun progressive activity that requires decision making with participants ultimately finding all the markers and the 'letters' allocated to each number. The challenge is to find most or all of the markers.



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## **Moon Walk \***

The moon walk is a small team activity in which the participants have to work together in order to negotiate the course which consists of wooden obstacles set into a woodchip path.

Participants are

divided into two small teams and each team member is given a crate. The main objective of the activity is for the team to negotiate the course by laying crates down and walking on them, ensuring at all times that no contact is lost with any crate. The team moves forward by passing crates from the back of the team to the front. If contact is lost with a crate, even if momentarily, that crate is lost (removed from the group), making the activity more challenging.

## **Inflatable (subject to dry weather)**

On the bungee run, two participants are pitted against each other. They wear a harness attached to a bungee cord. The objective is to collect five Velcro disks (one at a time) from a central tower and run to their respective end of the inflatable to attach the disks to marked areas. An energiser and an activity that involves all the group albeit two at time

## **SERIOUS FUN Giant Push Ball (subject to dry weather)\***

A great way to build team spirit and burn energy. The 2m high inflatable ball offers a wide range of fun, games and challenges on our play field. The ball is perfect for a group activity or even solo games as part of the session. Balance and communication are key skills needed to succeed here. Bowling, obstacle course, catching and 'Atlas' are just a fraction of the games to play. Options include splitting the group in two to compete. Guaranteed fun.

## **MTa kits \***

These are plastic construction kits which consist of short tubes, long tubes, 2-, 3 -, 4 - and 5-way joints, wheels, keys and locking pieces. The participants are split into small teams, and given a brief or set of instructions, e.g. teams have to build a tower as tall as they can, or build a type of vehicle, etc., within a time limit. The objective is that team members share ideas and work together to fulfil the brief and complete the task. The materials lend themselves equally to indoor and outdoor use.

## **Night Line \***

The night line consists of a series of ropes strung between trees in the woods. Participants have their vision compromised, either by darkness or by wearing goggles/blindfolds.

Participants follow the night line ropes by feeling their way along, whilst also feeling for obstructions on the ground and in the air, e.g. low branches. There are five main reasons for undertaking this activity: to experience sensory deprivation, to build trust in oneself, to increase trust in others, to take responsibility for others, and to enhance communication skills. Great fun as a sense of isolation for the participant can take over. Face that challenge!

## **Puzzle Palace \***

The puzzle palace is a fully enclosed room on the second floor of the Herd Farm barn. It contains a number of small team challenges and exercises: Cool Hands, Word Saw, Stepping Stones, Match Up, The Cube, Tangrams, Key Question, Cog Raise, Maze Scramble, Under and Over, and Sign Post. The main learning points are teamwork, cooperation, communication, listening skills, etc. The emphasis is on intellectual, rather than physical, ability. The qualities needed for success include: patience and a steady hand; literacy; problem solving ability; a good memory; initiative; good general knowledge; and geographical ability.

## **Traversing Wall \***

The traversing wall is a longitudinal climbing structure. It is a wooden fence with a series of moulded hand-and foot-holds bolted to it. It is used for traversing, i.e. climbing sideways along the wall as opposed to upwards. The wall is divided into several sections, including an overhang at the end.

The participants move along the wall, one after the other. The challenge is to complete the activity without falling off at all.



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\* These activities can be mixed with each other to form a 2 hr activity or mixed with elements from the Initiative Team Games selection ensuring a group gain a full 2 hr activity

### Initiative Team Challenges

Great fun and can be pitched for all groups. From Rocket Launch, Tangrams, Tug of War, **SERIOUS FUN** Giant Push Ball, The Cube, Test the Eggs, Land Ski's, Giant Domino Push, UFO Radiation, Space Hopper Race, Spiders Web, traditional games, the list goes on. Some of these activities are only suitable for dry weather but if you want your group to experience a number of shorter timed experiences that are interactive and a mixture of the bizarre, comical, amazing and fun then try these. Ideal for team building

### Body Zorbs

A superbly fun and active activity designed for laughs and a whole new experience. An activity that engages the entire group at the same time. The zorbs are placed over the head leaving just the lower legs and feet exposed. Fit the harness and grab the bars. After that you need 360 degrees vision as you support your team and battle opponents. Great energy burner and one for all ages 10 years+

### Walk

We have a lovely perimeter walk that doubles as our onsite mountain bike trail. Enjoy the walk taking in all the glory of our site. Through ranch style fence ways meandering next to streams, into woods and along quiet sections of the site. Even night walks are good as although the group will experience rural isolation they are for most part led by a path and never far from the residential barn. Other offsite walks of varying lengths can be undertaken from the Herd Farm site, i.e. routes incorporating views of the Emmerdale film set, Eccup reservoir, the Harewood estate, etc. The walks are led by activity workers and can take place during the day or at night. Routes generally involve a short walk along a local road, before picking up the bridleway network and permissive paths. We offer a first evening walk as part of a residential stay to groups and these are the options we choose from.

### Come Dine with Me (working in the kitchen alongside our chef)

A maximum group size of 6 (group leaders can facilitate another 6 young people preparing the dining room and front of house). A member of school staff required to stay throughout. 11.00am - 7.30pm serve Dinner at 5.00pm. Groups bring their own lunch but drinks provided. Programme includes – alongside our Chef, induction to an industrial kitchen and H & S, menu planning, quantities, budgeting, shopping, handling cash, timings, serving and serving etiquette to guests & Debrief. Two Course Meal for Max of 10 people including group, guests and staff.

### High Level Activities

(All High level activities apart from the High Ropes can be delivered on dark nights upon request)

### Giant Swing - Brand new for 2016

Up to three riders sit facing the Harewood tree tops and the dreaded 'drop'. Others in the group pull the swing up to 10 meters high before the swingers activate the release system and the gravitational forces kick in. Hold your stomachs! With a combined maximum weight of 60 stone adults can enjoy the thrill as much as young people. A unique activity to team build with where everyone joins in and enjoys the outcome together.



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## Mobile Climbing Tower

The climbing tower is a mobile structure which is made of fibre glass on a steel frame. The tower has moulded hand and foot-holds bolted at various settings. Participants climb the tower, using the hand and foot-holds, whilst supported by belay ropes. The objective is to climb to the top of the tower without losing one's footing. There are four ascents of varying difficulty, ranging from an easy climb where the hand and foot-holds are relatively close together, to a more difficult climb where the hand and foot-holds are further apart and the surface is more uneven, i.e. there is an overhang to negotiate. **Please note we can bring this activity to your event. Ask for more details.**

## Archery

Participants are instructed on how to shoot recurve bows on the outdoor archery range. There are two bosses/targets which enable four participants to shoot at any one time (two at each target). Participants take it in turns to approach the shooting line and shoot three in succession. After several rounds of practice shooting, there may be the opportunity to split the group into teams and play competitive scoring games or shoot at balloons, etc.

## Crate Stack

Participants work in pairs to build and climb a tower of crates, supported by belay ropes. Other group members form a chain and pass crates to the participants. The activity continues until the participants are unable to climb any higher or the stack collapses. Group members are responsible for gathering the crates, under supervision of the activity leader, and re-assembling them in readiness for the next pair of participants.

## High Ropes Aerial Challenge-

Nine elements of various challenges make up the Aerial Challenge that permits access to a number of participants at a time. The colourful high ropes challenge is a type of aerial assault course. After instruction and completion of a practice at low level, participants access the high ropes course and are faced with seven elements that demand a range of skills, thinking ahead and body strength. Participants not only find themselves facing varying physical configured rope obstacles but they also have to face the fact and deal with these whilst balancing over 20ft in the air! Minimum 4ft height required.

## Balance Together

Participants work in pairs for this activity, supported by belay ropes, to climb up a post and pull themselves up onto a small platform at the top. Once standing on the platform, participants balance together at the top of the pole. As a further challenge, participants can then attempt to hold hands and lean backwards, etc., without losing their balance and falling from the platform.

## Zip Wire

The zip wire is a steel cable which runs from a platform at the top of the hill to the bottom of the Herd Farm site. Participants are connected to the cable with a rope and pulley system attached to their harnesses. They ride down the zip wire and come to a halt at the bottom of the site by means of a bungee cord braking mechanism. Maximum weight 15 stone.

## Jacob's Ladder

The Jacob's ladder is a facility with seven round section beams supported on wire cables and anchored to a timber pole framework. The lower beams are closer together than the upper beams. Participants climb in pairs, side by side, supported by belay ropes. The objective is for the pair to climb as high as possible up the ladder.

## Leap of Faith

Participants work as individuals for this activity, supported by belay ropes, to climb up a post and pull themselves up onto a small platform at the top. Once standing on the platform, participants ready themselves to leap off the platform and attempt to grab hold of a trapeze swing. The distance between the platform and the trapeze can be adjusted.



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## **Mountain Bikes – Off site (this can be charged at the lower rate subject to teacher/group leader competency)**

Participants ride our range of mountain bikes off-site, supported by our activity staff. Routes vary depending on your group's aims, ability and experience and if off site involve a short ride along a local road, before picking up a choice of bridleway networks and permissive paths. We have a number of routes of different length and abilities available. Ask for our Tour de France Legacy rides. These rides can include rides views of the Emmerdale film set, Eccup reservoir, the Harewood Estate and Lineham Farm on our Tour de Farm to Farm ride. Rides can be pitched to suit the group's ability and confidence.

## **Mountain Bikes – On site**

The course takes riders around the range of beautiful sites available at Herd Farm. The three and a half kilometre rural ride permits riders to enjoy woodlands, streams and open fields on a range of surfaces. This ensures groups are given a challenge especially as the ride involves down hills and the inevitable, up hills. Our activity staff will ensure individuals feel assured to test their technical ability or challenge themselves to new limits. Our range of mountain bikes include Mongoose and GT Raleigh's. With our adapted, KMX and BMX bikes, we have a broad range of bikes to suit riders of all abilities. Ask for more details.



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