



GCSE PE & Multi Activity Programme Example

	GCSE 1	GCSE 2	GCSE 3	Multi Activity	Evening	DI	Others	Notes
Sun	Arrival 3.30pm. Welcome chat. Kit issue				Kit Issue Local walk			
Mon	Flat water skills	Intro skills, belay and personal safety	Intro skills, belay and personal safety	Sea Level Traversing	RC -Rope techniques Nightline			
Tues	Intro skills, belay and personal safety	Skills, belay top and bottom, tying to anchors	Flat water skills	Mountain Scramble	All GCSE Kayak Theory research Oreinteering			
Wed	Skills, belay top and bottom, tying to anchors	Flat water skills	Skills, belay top and bottom, tying to anchors	Rock Climb Sit on Top Kayak	Rope techniques Problem Solving			
Thurs	Option Day choice of 4 activities available				Ropes Course			
Fri	Assessment Day ½ day on each activity			Gorge Scramble	Kit return Packing			
Sat	Clean Centre Depart 9.30am							

