

### Sample adult training programme 3

Group: Up to 50 adults

Schedule (approximate):

0845	Arrival
0900-1230	Room hire for own meeting including screen, projector, wifi, tea/coffee station in room
1230-1315	Lunch in Daffodil Room
1315-1700	Activity programme as per below

#### Activity programme

The 50 delegates would be split into 5 teams, each of which will rotate around 5 initiative based exercises to gain points for the final egg drop activity. All activities can take place inside or outdoors, apart from archery which is inside. The sports hall will be allocated to your group for the duration of the activities so there is a back up in case of inclement weather.

1. Isotope tower – Using ropes and hooks, each group will be required to build a tower of blocks without entering the marked off area. 9 of the team will be blindfolded and every minute the 10<sup>th</sup> member of the team without a blindfold will change. Team will have 10 minutes to build the tallest tower they can and will be scored on their success.

Tallest tower receives 50 points, 2<sup>nd</sup> – 40, 3<sup>rd</sup> – 30, 4<sup>th</sup> – 20, 5<sup>th</sup> – 10.

2. Blindfolded camping – similar set up to isotope tower, in that each team must build a tent with only 1 sighted person. A sighted person has a minute to lead the group.

Scoring system as isotope tower based on progress.

3. Archery Practice – as the final egg drop challenge involves archery, each team will need to learn some skills and will have 10 minutes to practice with a trainer. During this time, each person will get undertake 3 recorded score shots, which will be totaled for the group and teams ranked as per the scoring system above.
4. Japanese River test – Chicken fox, grain on steroids; fastest time wins the 50 points. People will be moving the family members across the river using the raft.
5. Lego Communications – each team is split into 3 sub groups: designers, communicators and builders. Designers will build a sculpture using the lego which will be passed to a different team to construct, so the more abstract the better. Communicators will then have to describe the sculpture to the builders who are 20 metres away. Closest team to recreating the sculpture wins the 50 points.

**Final challenge:** all points will be added together and the results shared to the teams. Teams will then budget for kit from the store to buy and build an egg transportation device which will need to transport the egg safely, without breaking, over 10m. The fastest team wins the day.