

PATTERDALE HALL SKILLS DEVELOPMENT WEEK

Paddle sports

Skills Development for 10 to 13 & 14 to 17 year olds

5 Nights Break - 9th – 14th August 2020

Paddle sports

This course is aimed at young people who have maybe a little or no paddling/ water sports experience. We hope to be able to offer experience in a variety of crafts culminating with a trip either on a river, (water dependent) or on a different lake.

Day 1 Sunday 9th August 2020

- Arrive at Patterdale Hall c 3.00pm
- Tea and cake available for students and parents from 3.00pm – 4.00pm
- 4.00pm induction talk and settle in to rooms
- Free time to explore the grounds and use the games room
- 5.30pm Dinner
- 6.30pm evening walk
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 2 Monday 10th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm – (packed lunch to be taken with you) - spend the day on Ullswater trying out the different crafts available including open canoes, general-purpose kayaks, sea kayaks and paddleboards. Have fun developing your skills and finding out which will be the craft you would like to develop your skills in further.
- 5.30pm dinner
- 6.30pm –night time paddle
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 3 Tuesday 11th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) - in the craft of your choice, take your paddling up a notch and work towards and gain paddling performance awards. Work on boat control and how to stop falling in ready for you river trip on the Thursday
- 5.30pm dinner
- 6.30pm - lawn games
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 4 Wednesday 12th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) – away day at Borrowdale, big multi pitch or smaller intro to multi pitch, possible venues Corvus on Eagle Crag or Shepherds Crag Borrowdale. The site will be chosen dependent on the individuals level of skill development
- 5.30pm dinner
- 6.30pm film night
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 5 Thursday 13th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) The final day will depend on the level of skill attained to date. Climb for example Eagles Crag, Grizedale, multi pitch or single pitch. Options include Oxford Crag or Thornhow to introduce leading.
- 5.30pm dinner
- 6.30pm games evening
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 6 Friday 14th August 2020

- Breakfast 8.00am
- Vacate rooms by 10.00am
- 10.00am course summary & presentation
- 12.00am depart Patterdale Hall (with packed lunch)
- Parental pick up 12.00am to 1.00pm