



lopc.co.uk

A Tailored Learning Experience For Your Class



For more information contact:

Telephone: 0116 268 1426

Email: bookings@lopc.co.uk

LOPC is a Registered Charity No: 1074671



Approved Centre for Climbing, Trekking and Water sports No. L6148-R0628

Teamwork and Communication

We aim for young people to develop their teamwork, communication, problem solving and leadership skills.

A major theme running throughout our teambuilding activities is the development of young people's Personal Learning and Thinking skills (PLTS).

The very nature of outdoor adventurous activities complements the PLTS framework well.

Through the delivery of our teambuilding activities we aim for young people to develop their teamwork, communication, literacy, problem solving and leadership skills all of which can have a positive effect on raising their educational standards, as well as giving them the necessary skills to become successful citizens.

Learning outcomes:

To be able to listen to instructions and respond accordingly.

To understand the importance of sharing ideas and listening to other people.

To understand how team members take on different roles to achieve success.

To be able to make a positive contribution to their team and its aims.

To be able to help their team arrive at a decision and implement it.



Running themes:

T.E.A.M. – Together Everyone Achieves More.

Emphasis on co-operation.

Doing our best, doing our bit.

Plan – Do – Review – Improve.

Assessing and managing risk for ourselves.



Suitable activities:

Crate Stacking (8+)

Jacob's Ladder (12+)

Bell Boating (5+)

Canoeing (8+)

Climbing (5+)

Team Building (5+)

Raft Building (8+, Apr – Sep only)

Bridge Building (12+, Apr – Sep only)

Nightline (5+)

Confidence and Independence

We aim for young people to gain personal confidence and self-esteem through taking on challenges and achieving success.

Learning outcomes:

To understand the importance of “giving it a go” even when apprehensive.

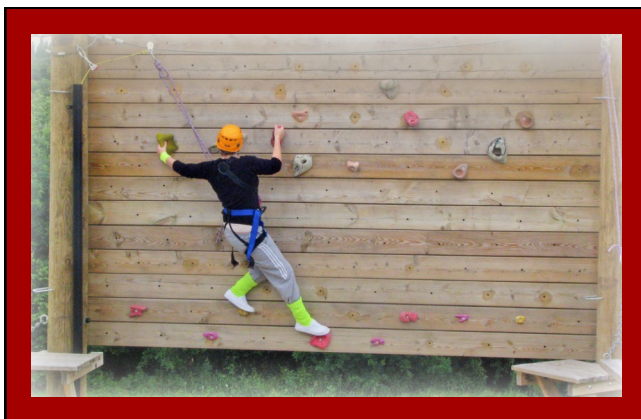
To be able to recognise their achievements and be proud of them.

To develop personal qualities of resilience and perseverance.

To be able to talk openly about their successes and failures and understand some of the reasons behind these.

To be able to recognise and modify aspects of their behaviour that may restrict their own achievements.

Quality Badge awarded by



Suitable activities:

Leap of Faith (8+)
Inclined Beam (5+)
Upper Aerial Trekking (8+)
Lower Aerial Trekking (12+)
Zipline (8+)
Kayaking (8+)
Abseiling (5+)
Orienteering (5+)
Archery (8+)

Running themes:

Challenge by choice – the concept that there are three stress levels associated to challenge:

- Comfort zone
- Stretch zone
- Panic zone

Extra step – the concept that on every activity each person should try one extra step than they thought they could.

Goal setting and reviewing against these goals.

Assessing and managing risk for ourselves.



Other programmes:

We are able to tailor your visit to your requirements, other activities available but not mentioned previously are:

Air Rifle Shooting (8+)
Fencing (5+)
Bushcraft (5+)
High All Aboard (8+)
Powerfan (8+)

The programme can be devised to meet the previously mentioned objectives, a combination of the two or other pre-defined objectives as required.

We have many years of experience devising programmes to meet the needs of individual customers.



We are Here

Leicester Outdoor Pursuits Centre
Loughborough Road
Leicester
LE4 5PN

Email: bookings@lopc.co.uk

Web: www.lopc.co.uk

Telephone: (Booking is Essential)

0116 268 1426

General information:

Sessions last 90 minutes which includes safety briefings and the fitting of specialist equipment.

Generally sessions start at 9.45am, 11.30am, 1.30pm and 3.15pm but these may be adjusted to fit in with your arrival and departure times.

There are 15 minute breaks mid morning and mid afternoon for snacks, drinks and toilet stops as required.

Lunch is 30 minutes at 1.00pm.

Break and lunch times need to be supervised by visiting staff. Activity sessions are supervised by qualified and experienced LOPC staff.

Maximum activity group size is 10 people.
We can accommodate as many groups as you wish to bring.

In addition, one adult per group is advisable to help with behaviour management and the development of young people.

What to bring

Clothing required is weather dependant.
Water activities will require a change of clothes.
Long hair should always be tied back.

What not to wear

Jeans, Slip on shoes, Jewellery.