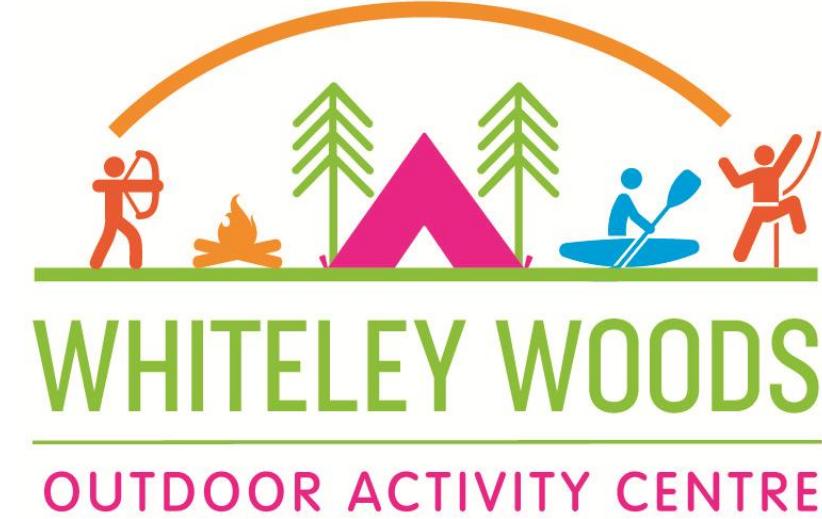
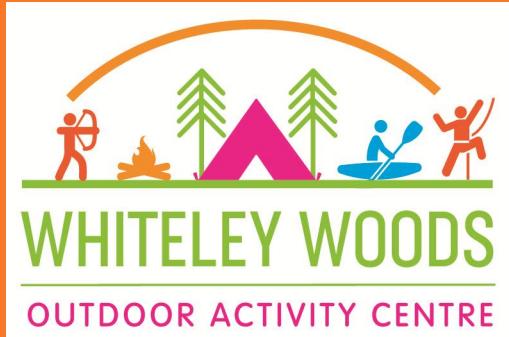


Self-Led Activities

Autumn 2024



Whiteley Woods OAC Self-led Activities Information



We have lots of equipment for groups to use, and activities that you can run yourselves while you are at Whiteley Woods OAC. The information below will tell you what's available and some ideas for how you can use it.

There are lots of opportunities for giving your young people the chance to get involved in planning and running the activities which will develop their leadership, teamwork and organisational skills. You could run planning sessions before your visit where they can get creative with ideas for games and challenges, talk about how they can support each other, and take responsibility for the safety and wellbeing of the group.

If you have any questions or would like some ideas about how you can combine activities for themed weekends etc, please get in touch – oac@girlguidingsheffield.org.uk.

All activities are subject to availability.

Price List

£15 per hour

- Adventure Course
- Cavepod
- Grass Sledges
- Nightline
- Traversing Wall
- Wildlife Resources

£15 up to 3 hours

- Bat Detectors
- Frisbee Golf
- Pioneering
- Sucker Archery
- Slackline

£2 each per group

- Nature activities
- Orienteering
- Owl Safari
- Rock Challenge

We also have lots of sports, games and play equipment that you can use for free!



The cost for the activities below is for exclusive hire of the area of the site and/or equipment, per hour.

Adventure Course

The Adventure Course is suitable for all age groups and includes lots of climbing and balancing obstacles. It's a great space for young people to challenge themselves and enjoy physical activity. You can give your young people free run of the area, or spend some time before your visit giving them the chance to create their own challenges (eg competing in teams to complete the course, time trials etc).

£15 per hour

Cavepod

Our Cavepod is a container with a windy maze of tunnels which young people can navigate their way through. They get to test their problem-solving skills and gain confidence through taking on a new challenge. We think it's most suitable for younger children (primary school age, Brownies/Rainbows, Beavers/Cubs etc) but may also work for groups with younger teenagers. Torches and helmets are provided.

£15 per hour



Grass Sledges

Our grass sledges are a popular activity with groups of all ages (and the best thing is you don't need snow to enjoy sliding down the slopes). If you have a larger group why not borrow some of our free games and play equipment to keep everyone occupied while they're waiting for their turn (eg space hoppers, lawn games, see full list below).

£15 per hour

Nightline

The Nightline is a great teamwork and communication challenge. Working in pairs one person is blindfolded and their partner supports them to get around the course. Or you can do the course as a group with multiple people blindfolded at once. This activity is a fun way for young people to develop their communication skills (giving clear instructions, listening to each other, adapting the communication style to match their partner's needs), build trust with each other, and practice being supportive, responsible and patient.

£15 per hour



Traversing Wall

The Traversing Wall is indoors so suitable for all weather conditions. Young people of all ages can challenge themselves physically, and problem solve as they make their way from one end to the other.

£15 per hour

Wildlife Resources

We have a fantastic site for exploring and discovering nature and wildlife. These activities will allow your young people to learn about the animals, plants and habitats on site, as well as experiencing the wellbeing benefits of connecting with nature. We will give you access to the pond as well as activities and resources that can be used there and in other spaces on our site.

£15 per hour



The cost for the activities below is to hire the equipment for up to 3 hours

Bat Detectors

Bats hunt for insects at night, using a high frequency system called echolocation. It's too high pitched for human ears but our bat detectors can help you find out what's flying around our site as the sun sets. Suitable for all ages.

£15 for up to 3 hours

Frisbee Golf

Frisbee golf is a fun game for groups of all ages. The aim is to throw a frisbee into nets that are arranged into a course. The course can be set up to make it more, or less challenging depending on the ages/abilities of your group. You can get young people involved in planning the activity by deciding whether to compete as individuals or in teams, devising scoring systems, course layout etc. You could also encourage them to take on leadership roles by being team leaders or organising the game when you're on site. Don't forget to weight the net bases with water!

£15 for up to 3 hours



Pioneering

This activity involves using logs and ropes, and other resources, to build structures or complete challenges. It requires groups to work together, be creative and inventive, and encourages learning through trial and error. Ideas for challenges available.

£15 for up to 3 hours

Slackline

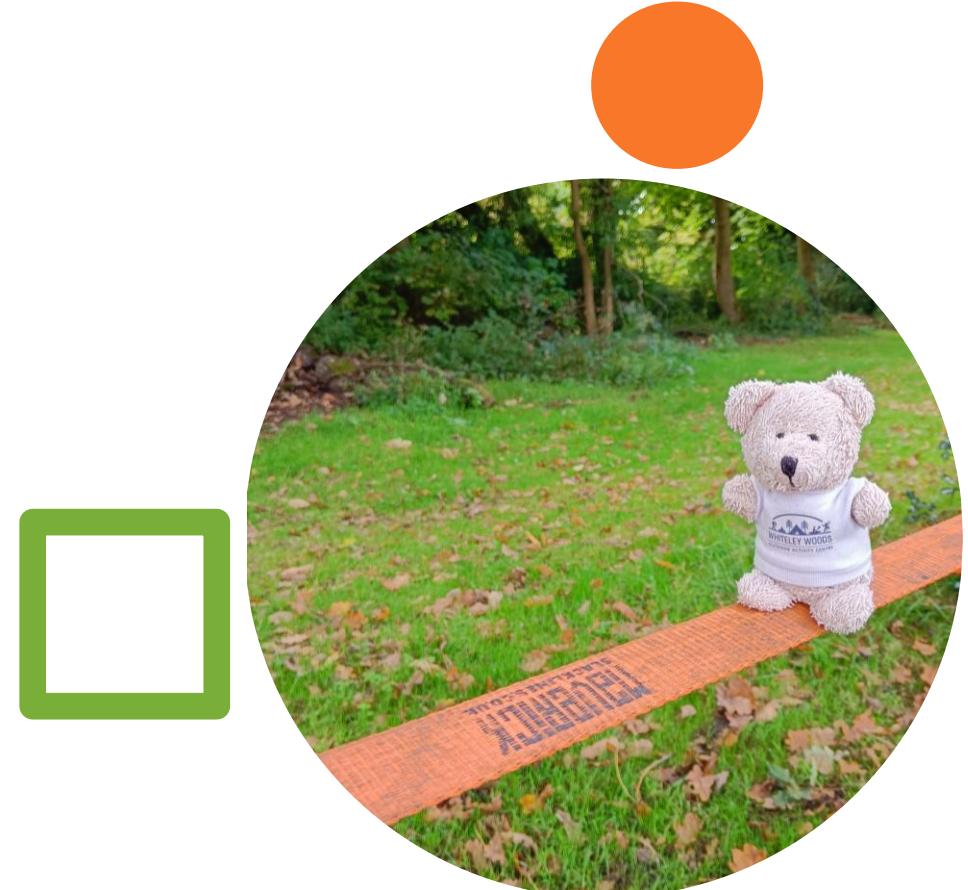
Definitely a test of balance and perseverance, the slackline is great for giving your young people a physical challenge and helping them develop new skills. We have lots of other circus skills equipment that you can borrow for free to go with this activity, including instructions and ideas for things to try.

£15 for up to 3 hours

Sucker Archery

This is a great way to introduce children to archery if they are too young for our instructor-led archery sessions. It will help develop their physical skills, accuracy and concentration and you can get them involved in scoring to practice their numeracy too.

£15 for up to 3 hours



Explore and Find

We have various activities where young people can work together to explore the site and complete challenges.

Orienteering – various courses available within our site. More suitable for Guides/Scouts and older children.

Owl Safari – find the Owls hiding around the site and collect all their names to complete the challenge. More suitable for younger children.

Rock Challenge (requires a smartphone to find locations) – find all the rocks hidden across the site and complete the challenges.

Suitable for all ages but younger groups may need more support with word/number challenges.

Nature Activities – Creative, practical and mindful activities and games, suitable for all ages, seasons and weathers!

£2 each per group

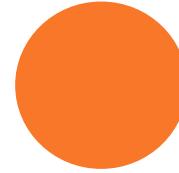
Nature Activities

Our nature activities will help you explore our beautiful green site and discover the nature and wildlife we share it with. They are perfect for evening visits or to build into your camp/pack holiday programme!

Choose from practical, creative and mindful activities and games, which have been adapted for different age groups, seasons and weather conditions! We also have some which are suitable for groups who want to explore the surrounding area too.

Our information sheets give simple instructions and suggestions, to help you prepare for, and deliver the activities.

See our Nature Activities Guide for more information.



Post your pics of the
nature you discover and
tag us
#wwoacnaturespotters
@whiteleywoodsoac



**Organise tournaments, work as a team, or just burn off some energy; we have lots of sports, games and play equipment available to use for free!
(max 3 hours use per group in busy periods)**

Beat the Bin

This is a brilliant opportunity for young people to come up with their own fun challenges. Our big bin is full of bits and pieces that you can combine to make games and obstacle courses that can be completed individually or as relays in teams. It includes beanbags, bats, balls, eggs, carpet tiles, cones and frisbees. There are loads of ways you can make the challenges more creative, more difficult, or more silly! We're sure your young people will come up with some great ideas! You could also borrow some of our other games and sport equipment to make your Beat the Bin challenge even bigger and better!

Circus Skills

We have lots of circus equipment your group can use to learn new skills, practice their tricks, or even perform for each other! They include plate spinning, diablos, juggling, ankle skipping (ideas/instruction sheets available thanks to our friends at Greentop Circus).



Problem Solving/Teamwork Challenges

This equipment can all be used to get your group working and thinking together, and communicating with each other (see pp 14-18 for instructions).

- Drainpipes
- Handcuff knots
- Parachutes
- River Crossing Game
- Team skis

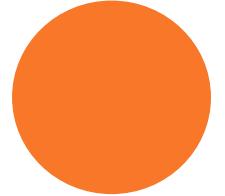
Shelter Building

Challenge your group to design and build their own shelters using our ropes and tarps.



Games and Play Equipment

- Chalk sticks
- Frisbees
- Hoops
- Lawn games - big connect 4, giant tumbling tower, big 0s and Xs, quoits, croquet, boules
- Skipping ropes
- Space hoppers
- Zoom balls



Sports Equipment

- Badminton racquets
- Badminton/volleyball net
- Balls (various types and sizes, there's a basketball hoop on the wall near The Swannery)
- Baseball sets
- Cricket sets
- Marker cones
- Table tennis (table in Plimsoll)
- Tennis racquets





Problem Solving & Teamwork Challenge Instructions

Drainpipes

You will need – drainpipes, trug of water, ball, containers (optional)

Holey

The aim of this challenge is to fill the pipe with water to float the ball to the top. Start by putting the ball in the bottom of the drainpipe. Your group's task is to get water into the drainpipe more quickly than it is running out of the holes. You can make it easier/more difficult by how far you put the drainpipe from the water supply or by allowing your group to use different sized containers.

Half

The aim of this challenge is to get the ball from A to B using the half drainpipes. You could make the distance between A-B the same length as the total length of the drainpipes, but make the rule that nobody can be touching them (ie they have to find ways of supporting the drainpipes with rocks/logs etc with sufficient gradient for the ball to roll down). Alternatively you can increase the distance between A and B, allowing group members to support the pipes, they have to keep balancing and moving the pipes to transport the ball.

You could also combine the pipes so that the group uses the half pipes to create a watercourse to move the water from the supply to the holey drainpipe.

Handcuff Knots

You will need – handcuff ropes

This challenge is done in pairs. Each person has one of the pieces of rope with loops at either end. The first person puts their hands through the loops. The second person loops their rope around the first person's rope, before putting their hands through the loops at the ends of their rope. Both people are now handcuffed by their own ropes and are also attached to each other.

They now have to find a way to separate themselves from each other while following these rules: The handcuffs cannot be removed from the wrists. You cannot break, cut, bite through or in any other way damage the rope.

Solution - start by moving the other persons rope along yours until it is lying on your arm. Make sure that the other person's rope is not wrapped around your rope, it should only be touching your arm. Reach in through your handcuff with a thumb and finger and grab the other person's rope. Now pull it through the opening between the loop and the wrist. Pull it over the hand and then pull it out of the handcuff.

To make it more challenging you can try it back-to-back rather than facing your partner. For a single person version, tie a knot in the rope before you put the handcuffs on. The solution follows the same principle; loosen the knot, loop it over your own arm, reach through the handcuff and pull the knot loop over your hand and out through the handcuff.

River Crossing Game

You will need – one fox, one chicken and one sack of grain (beanbag!) per team.

Choose one person in the group to be the farmer and mark out an area to be the river and opposite riverbanks. The group needs to work together to help the farmer safely transport the fox, chicken and grain from one side of the river to the other.

Here is the problem to set the group - a farmer has a Fox, a Chicken and a Sack of Grain. He wants to cross a river, but his boat will hold only one item beside himself. He cannot leave the Fox with the Chicken, or the Chicken with the Sack of Grain. How can he get all three across the river?

Solution - Take the Chicken first. Leave the Fox with the Sack of Grain. Row back and pick up the Fox. Take the Fox across and bring back the Chicken. Leave the Chicken and take the Sack of Grain cross. Leave the Fox with the Sack of Grain. Row back and bring the Chicken. Everyone is now across safely!

Parachutes (various sizes available)

There are loads of different games you can do with our parachutes, have a look online for ideas suitable for the size/age/ability level of your group.

Team Skis

You will need – a pair of skis for each person.

Divide your group into teams and attach the appropriate number of pairs of skis together (slot the skis together and insert a pin to keep them attached).

Once your group has practiced moving together, you can have a simple race over a set distance, or you could create an obstacle or slalom course with time penalties for knocking over/missing objects