

# Vision Valley

## Activity List



*Pymble Ladies' College*



## Outdoor Education Activities

Activity	Ages	Duration	Brief Description
Canoe / Kayak	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>• Whole group activity</li> <li>• Canoe boats seat two people</li> <li>• Kayak provided for visiting teachers</li> <li>• Canoe games introduced, e.g., Canoe Polo</li> <li>• Teamwork, communication</li> </ul>
Raft Building	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>• Group Activity, participants build, then test their team's raft</li> <li>• Equipment divided between groups</li> <li>• Great opportunity for teachers to take photos</li> <li>• Teamwork, communication</li> </ul>
Pool and Giant Waterslide	All Ages		<ul style="list-style-type: none"> <li>• Heated waterslide</li> <li>• 13 metres high</li> <li>• Must be 110 cm tall to ride solo</li> <li>• Under 110cm ride with adult</li> </ul>
Abseiling	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>• Three abseiling walls</li> <li>• One student on abseil at a time</li> <li>• Great viewing points for fellow participants and teachers.</li> <li>• Roughly one turn per student.</li> <li>• Resilience, leadership (going first), trust</li> </ul>
Rock Climbing	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>• Two rock walls</li> <li>• Ten and eight metres high</li> <li>• Two participants climbing</li> <li>• Whole group activity as participants who are not climbing are belaying or spotting</li> <li>• Teamwork, trust, resilience</li> </ul>
Initiative's Course	Year 4 +	1.5 hours	<ul style="list-style-type: none"> <li>• A great activity for groups promoting teamwork, communication and problem-solving</li> </ul>
Low Ropes / Bouldering	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>• Great activity for our younger groups</li> <li>• Promotes teamwork, communication and trust</li> </ul>
Power Fan	Year 7 +	1.5 hours	<ul style="list-style-type: none"> <li>• 14 metres high</li> <li>• One student at a time</li> <li>• Wind generated belay system</li> <li>• Resilience, trust, teamwork, encouragement</li> </ul>
Sugar Glider	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>• Group activity</li> <li>• One student at a time, participants all on belay</li> <li>• Ten metres high</li> <li>• Teamwork</li> </ul>
Donkey Kong Logs	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>• Lower log three metres</li> <li>• Upper log eight metres</li> <li>• One student at a time, instructor to belay</li> <li>• Walking back and forth across log, introduction of blind folds to increase level of challenges</li> </ul>
Team Tower	Year 6 +	1.5 hours	<ul style="list-style-type: none"> <li>• Two participants climbing at a time, other participants on belay</li> <li>• 12 metres high</li> <li>• Participants to climb and work together to successfully stand on top of tower</li> <li>• Resilience, teamwork communication.</li> </ul>





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Giant Ladder	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>Challenging obstacle</li> <li>The higher participants climb the greater the height between logs</li> <li>Ten metres high</li> <li>Two participants climbing on opposing sides at a time, remaining participants on belay</li> </ul>
Vertical Playpen	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>Ten metres high</li> <li>Three separate obstacles</li> <li>Two participants climbing at a time, remaining participants belaying</li> <li>Can combine activity with Giant Ladder and Crate Stack across class groups</li> </ul>
Crate Stack	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>Ten metres high</li> <li>Two participant builders at a time, other participants as belay</li> <li>Resilience, trust, teamwork, encouragement</li> </ul>
Lilly Pads	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>Ten metres high</li> <li>One participant at a time, instructor on belay, remainder of group assisting by steadying the lilly pads</li> </ul>
Mountain Biking (Learn To Ride Program)	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>In this fun and exciting session, participants with little or no experience riding a mountain bike will be taught the basics of safe riding and will also explore some beginner trails.</li> </ul>
Mountain Biking (Intermediate Program)	Year 5 +	1.5 hours	<ul style="list-style-type: none"> <li>This session is designed for participants who have some experience riding BMX or mountain bikes. Skills will be enhanced through structured training and access to our single-track mountain bike circuit.</li> </ul>
Archery	Year 4 +	1.5 hours	<ul style="list-style-type: none"> <li>Full safety briefing</li> <li>Modern bows and arrows</li> <li>Roughly eight participants firing at a time</li> <li>Archery games introduced e.g., balloon pop, damper, total points, elimination</li> </ul>
Bushwalk / Damper	All Ages	1.5 to 3 hours	<ul style="list-style-type: none"> <li>Guided walks are an excellent way for your group to experience our bushland setting. We can lead your group on an easy bushwalk or nature study on one of our longer, more challenging tracks.</li> <li>Groups will stop at a fire pit located around the site. Here, groups will be briefed on fire safety, effective techniques on building a fire and basic cooking e.g. damper.</li> </ul>
Orienteering	Year 3 +	1.5 hours	<ul style="list-style-type: none"> <li>Participants learn basic map reading skills and keep fit at the same time with our introductory orienteering challenge. Participants will navigate the selected course searching for hidden markers scattered around the site. Once all markers have been found, campers return to the starting point and solve a puzzle provided by the instructor using the letter discovered with the map.</li> </ul>



## 'Night Show' Activities

Activity	Brief Description
Games Night	Forget your standard school games or weekend sports, Vision Valley has a wide range of "camp" games designed to engage and entertain all groups and ages. Games involving teamwork with smaller groups to games involving the entire group are our specialty. Our instructors will run the entire show so sit back and relax or get involved knowing you are in good hands!
Mini Olympics	An Olympic style event where teams work together to land themselves on the medal podium. Multiple activities are prepared by our instructors with scoring the most amount of points the end goal. Teams are to unite under a country name and compete together as a group. A fantastic night activity that keeps the participants entertained throughout the evening.
Trivia and Improv Night	A chance for participants to have a slower paced evening with laughter the key ingredient. A modern and relatable trivia night is set to engage all participants across multiple topics. Instructors can introduce some fun games and challenges to keep the mood high throughout the night.
Valley Markets	Participants will divide up into small groups and select from a range of 'stalls' put together by the instructors. Participants will be given an idea on how they can build their stall, but from here have free reign on what they would like to do. Participants will be given 'Valley Dollars' to use throughout the night to visit other stalls.

## Final Day Activities

Activity	Ages	Duration	Brief Description
All Star Adventure Race – Whole School Activity	Year 5 +	2.5 hours	<ul style="list-style-type: none"> <li>A race designed to test the physical, mental, and social strengths of participants. This activity promotes high levels of teamwork and communication while also encouraging leadership and resolve.</li> <li>All groups compete against one other in an 'Amazing Race' style event.</li> <li>Teams are given tasks that must be completed before progressing to the next activity.</li> <li>The race incorporates skills learnt throughout the week, including climbing, paddling and navigation skills.</li> <li>When all activities have been completed teams are given a final task, either a construction or a puzzle.</li> <li>The team that correctly completes the final activity is announced the All Star Adventure Race champions!</li> <li>This activity can be altered to suit the age and stage of participants ensuring high levels of excitement and fun for all participants.</li> </ul>

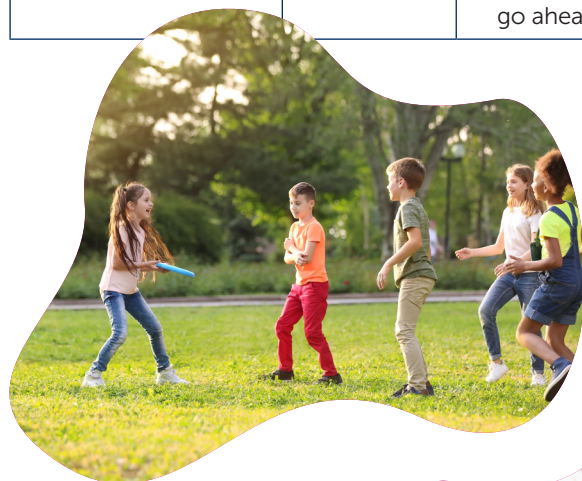




## Client-led Activities

Client-led activities, as the name suggests, means that activities are run by your staff or leaders. Vision Valley will provide the resources, to assist with running the activity smoothly, but does not provide staff to oversee the safety of the activity. The liability for the safety of participants rests with the client.

Activity	Ages	Brief Description
Beach Volleyball	All ages	<ul style="list-style-type: none"> <li>Hit our beach volleyball court for some great team fun and friendly competition. Depending on group sizes, this may be combined with time in the swimming pool (if available / appropriate – see below).</li> </ul>
Swimming Pool	All ages	<ul style="list-style-type: none"> <li>We have two outdoor pools for use by clients. One in the main activity area, and one adjoining the Stringybark Lodge.</li> <li><b>Please note: Adult supervision is required when participants are in the water at all times and at least one supervisor must have a current CPR qualification. Department of Education schools must provide a supervisor that also holds a current Bronze Medallion qualification. If you are unable to provide this, Vision Valley staff can be provided as lifeguards at an additional charge.</b></li> </ul>
Sports	All ages	<ul style="list-style-type: none"> <li>We can provide sporting equipment for your group's use including balls, frisbees and torpedoes. Why not have a friendly game of soccer, touch football or Oz Tag on our sports field, or play our frisbee golf course!</li> </ul>
Campfire	All ages	<ul style="list-style-type: none"> <li>Our Main Centre campfire circle seats up to 100 people on timber benches around the fire pit. Roasting marshmallows, songs and stories are some of the activities enjoyed around the campfire. We will build the fire for you, but supervision and activities are left to your group supervisors. (Campfire must be lit no later than 7.00pm and will need to be extinguished by 9.00pm). Please note: In the event of a total fire ban or extreme weather conditions this activity cannot go ahead, and an alternative option should be planned in case this occurs.</li> </ul>



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