

**SESSION DESCRIPTIONS**

| Session name                          | Description   |
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| Alton Towers Trip                     | A trip to Alton Towers, staying overnight (Friday) at Alton Castle, where we will have dinner and team building activities. The next morning (Saturday) we will visit Splashland's Water Park.  |
| An Introduction to Beekeeping         | Come and take a look at the beehives and see what the buzz is all about! We will open up the hives so that you can see how the bees make honey, where the queen lays eggs, and maybe even spot the queen herself.   |
| An Introduction to Bellringing        | Church bells have been rung to celebrate great national occasions for hundreds of years. During the Second World War, the ringing the bells would have signified that an invasion had begun. Now you get the chance to see how it works and have a go. Bells can weigh as much as a small car and you'll be swinging them through 360 degrees! What other musical instrument can be heard miles away and is 'played' 30 feet above you using a long rope?!  |
| Aussie Rules Football                 | Learn about this amazing sport played in Australia and end with a mini-game using real AFL footballs.   |
| Badminton                             | Join your classmates for a game of badminton.   |
| Basketball                            | Join your classmates for a game of basketball.  |
| Belly Dancing for Beginners           | Shiny shimmy belts, swords and veils - learn belly dance moves from Egypt and Lebanon in a fun choreography that will show you hip circles, flicks, hits, shimmies and pops. Wear whatever you're comfortable in; sparkly costumes will be provided! Prepare to experience the best dance music, fresh from the Middle East!  |
| Board Game Extravaganza               | Play a range of fun, classic board games.   |
| Bubble Football                       | Play a game of football inside a giant, inflatable bubble (similar to zorbing). Pupils will need competent physical fitness to take part in this activity.  |
| Build your Own Rocket                 | Build and launch rockets that use Estes engines to go at least 50m in the air before parachuting to the ground!   |
| Canasta                               | Learn to play Canasta - the famous, fast-paced South American card game   |
| Climbing                              | Free climbing session on the Princethorpe College climbing wall   |
| Cob oven building                     | Learn how to make a cob pizza oven - the structure will be built over the two days and will be used in the Outdoor Classroom for years to come!   |
| Colouring                             | Colour pictures and patterns in a relaxing atmosphere.  |
| CREATE: Flash Fiction and Poetry      | For budding poets and novelists, learn the basics of writing flash fiction and poems.   |
| Cricket                               | Enjoy a mini cricket match!   |
| Cricket Nets                          | Enjoy a training session in the cricket nets developing and refining your skills of batting, bowling and fielding.  |
| Cycling at the Velodrome              | If you love cycling and would like to try cycling at a velodrome, then this is the trip for you. We will have a group session with a coach where we will learn how to cycle safely on fixed wheel bikes, without brakes and with our feet strapped in. It's not as scary as it sounds!  |
| Dance workshop with MotionHouse       | Based in Leamington Spa, Motionhouse are the UK's leading dance-circus company; blending acrobatics with breath-taking dance to surprise and delight audiences across the country. Suitable for complete beginners, join two professional dancers to learn more about the company's distinct, high-energy style whilst you explore contact work, partnering and lifts with your classmates.   |
| Design a new Cross Country Horse Jump | Design a new Cross Country Jump for the Princethorpe Course.  |
| Disc Golf                             | Disc golf is a lot of fun and is similar in concept to traditional ball golf. The object is to get a frisbee disc into a basket in as few shots as possible. Situated on Old Milverton Lane on the edge of Leamington Spa, this is a unique facility in Britain, in that the land was purchased and landscaped specifically for disc golf. Disc Golf is a great sport or activity for all ages and abilities.   |
| DofE Bronze Expedition                | DofE Bronze Expedition - invite only  |
| DofE Silver Expedition                | DofE Silver Expedition - invite only  |
| Dressage to Music for Beginners       | Design your test and identify music that you would like to use to show off your horse's paces.  |
| Exit Games                            | Interactive board game and escape room experience for all ages/levels. Pupils have to solve all of the puzzles as fast as they can in order to escape. Quick thinking, logic and resilience required!   |
| Extended Monopoly                     | Take the ordinary game of Monopoly further by investing in companies, trading in shares and running a bank.   |
| Film Screening - Sci Fi               | Film Screening - Sci Fi   |
| Film Screening - Rom Com              | Film Screening - Rom Com  |
| Film Screening - Musical              | Film Screening - Musical  |
| Film screening - The Wave             | Explore sociology psychological ideas around authority, obedience and fascism with the German film <i>The Wave</i> .  |
| Film Screening - Comedy               | Film Screening - Comedy   |
| Film Screening - Animation            | Film Screening - Animation  |
| Film Screening - Action/Adventure     | Film Screening - Action/Adventure   |
| Fishing for all                       | Join us for coarse fishing at a beautiful local fishing lake. Bring a packed lunch and relax in the sun whilst trying to catch monster fish. Students who have never tried it are most welcome (a very limited supply of equipment is available). Complete novices to expert fishermen/women should join us for a day out to remember at one of West Midlands premier fisheries. Rod licence is now free but registration will be needed for over 12s.  |
| Fitness Suite                         | Build up your strength and endurance during these sessions in the Fitness Suite.  |
| Flying Experience                     | Take a trial flight in a small flight simulator where you can compete against one another to achieve the best flight and landing. The simulator has all the usual flight controls and a professional flight instructor will teach you the basics as you take command. We will also have chance to inspect the Club's aircraft and possibly visit the control tower (all subject to operational availability on the day). Additional option to purchase a trial flying lesson in an actual aircraft on the day: £80-£180 payable on the day depending on option chosen. Speak to Mr Uglow for further details. |
| Football                              | Join your classmates for a game of football.  |
| Glamorgan Cricket Tour                | Represent the school in an extremely competitive fixture against Mid Glamorgan who are touring the area. Invite only.   |
| Gliding Experience                    | Take the controls of a glider as you soar over the Warwickshire countryside. You'll be instructed by a qualified instructor as you pilot a glider sailplane (engine-less aeroplane) through the skies for up to 15 minutes.   |
| Great British Bake Off                | Pupils make and decorate a layered Victoria Sandwich Cake. Please bring apron and a named large plastic tub or cake carrier for taking cake home in!  |
| Go-Ape: Treetop Adventure             | A morning session at Go-Ape's tree top adventure. Min height 1.4m and suitable all-weather clothing required. Packed lunch and drinks required.   |
| History WW1 Battlefields Trip         | History WW1 Battlefields Trip - invite only.  |
| Ice skating                           | 1 hour 30 minute ice skating session at Planet Ice, Coventry. Cost includes transport and skate hire. Please bring your own socks, gloves and warm clothing.  |
| Japanese Puzzles                      | Complete Japanese puzzles in a relaxing atmosphere, with a choice of Sudoku, Kakuro, Picross.   |
| Jewellery making                      | Make your own jewellery to take home.   |
| Learn how to Découpage                | Learn how to Découpage - decorate a box by glueing coloured paper cut outs onto it and varnish the end result, then take it home with you!  |
| Make a Dreamcatcher                   | Create a dream catcher to take home from a metal hoops with beads and other 'treasures' you wish to use.  |

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| Paperback Picnic                 | Amid the noise and bustle of the day, join an oasis of calm on the North Lawn and enjoy time reading in the open air. Bring a book, bring a picnic and lay on a blanket relaxing in the natural beauty of Princethorpe's surroundings.  |
| Plush Uglies & Quilting          | During these popular sessions, pupils can choose to make their own weird and wonderful plush toy or a small quilt.  |
| Princethorpe to Ryton Pools Walk | A pleasant 6 mile round-trip walk from the College to Ryton Pools Country Park through beautiful woodland and on public footpaths. Refreshments and time to relax in lovely surroundings before returning.  |
| Rambling                         | A slow and leisurely ramble into the woods ending with found poetry! Please bring a waterproof if needed and sensible footwear.   |
| Ready, Steady, Cook              | Pupils are provided with a bag of ingredients and have to plan, cook and present a meal in one hour, Masterchef style!  |
| Redwings Horse Sanctuary         | Get up close and cuddly with friendly horses and donkeys, hear their stories and find out more about the work of Redwings Sanctuary in Warwickshire. Whether you're daft about donkeys, mad for mules or can't resist a cuddle with Shetlands and Shires, a visit to Redwings is a must. A donation of £5 is payable on the day of the trip. Please bring a pack lunch or money for the cafe at Redwings, as we may not be back in time for lunch at Princethorpe.  |
| Rounders                         | Enjoy a game of rounders with your classmates.  |
| Rugby Skills                     | Improve your rugby skills with a range of individual challenges and team games.   |
| Sean T Aerobics                  | Join in this Sean T aerobics fitness session.   |
| Sign Language                    | Do you want to find out more about British Sign Language (BSL)? It's the most common form of sign language in the UK and has been recognised as a language in its own right since 2003. BSL involves a combination of hand shapes and movements, lip patterns, facial expressions and shoulder movements. It has its own grammar and is structured in a completely different way from English. You will get to learn the basics of BSL which will enable you to communicate with other people who use it. |
| Star Wars Origami                | A long time ago, in a galaxy far away, the ancient order of the Jedi perfected the art of paper-folding. Younglings will learn how to fold a light-sabre, Padawans will progress to folding Boba Fett, but only a true origami master will complete the Millennium Falcon. May the folds be with you . . .  |
| Technical Theatre Skills         | Learn more about how a theatre operates with a range of hands-on activities exploring lighting and sound.   |
| Ten pin bowling and shopping     | Challenge others to strike down all the pins with two games of bowling in Leamington Spa followed by some retail therapy.   |
| Tennis                           | Pick up a racquet and ace your opponents in a tennis match!   |
| Ultimate Frisbee                 | Learn the exciting sport of Ultimate Frisbee (or perfect your skills if you've played before). Ultimate Frisbee is a high energy, non-contact sport suitable for all ages, sizes and fitness levels.  |
| Volleyball                       | Learn how to play volleyball and improve your skills with a range of drills, challenges and fun games.  |