

Example INSET day

A typical programme



Group Number	1	2	3	4
9.15am	Welcome, general briefing and introduction to instructors			
9.30 - 10.45am	Bushcraft & Axe Throwing	Archery	Thinking on your feet	Problem Solving
10.45 - 12pm	Archery	Bushcraft & Axe Throwing	Problem Solving	Thinking on your feet
12.10 - 12.45pm	Lunch at the school			
12.45 - 2pm	Thinking on your feet	Problem Solving	Bushcraft & Axe Throwing	Archery
2 - 3.15pm	Problem Solving	Thinking on your feet	Archery	Bushcraft & Axe Throwing
3.30pm	Egg-Drop Challenge finale			
4pm	Farewell			