

Year 7 Transition Day Example Programme

This is just an example programme - all timings and activity choices are flexible - for example, you may wish to finish earlier!

Group Number	1	2	3	4
Forms	7M	7B	7F	7H
8.45 - 9.00am	Welcome, general briefing and introduction to instructors	Welcome, general briefing and introduction to instructors	Welcome, general briefing and introduction to instructors	Welcome, general briefing and introduction to instructors
9.00 - 10.00am	Archery and axe-throwing	Catapults	Problem Solving	Problem Solving
10.00 - 10.15am	Break			
10.15 - 11.15 am	Treasure Chest Race	Treasure Chest Race	Catapults	Thinking on your feet
11.15 - 12.15pm			Thinking on your feet	Archery and axe-throwing
12.15 - 1.15pm	Lunch			
1.30 - 2.30pm	Problem Solving	Food preparation and team-building exercises	Treasure Chest Race	Treasure Chest Race
2.30 - 2.45pm	Break			
2.45 - 3.45pm	Food preparation and team-building exercises	Archery and axe-throwing		
3.45 - 4.00pm	Break			
4.00 - 5.00pm	Catapults	Thinking on your feet	Food preparation and team-building exercises	Food preparation and team-building exercises
5.00 - 6.00pm	Thinking on your feet	Problem Solving	Archery and axe-throwing	Catapults
6.00 - 7.00pm	One-minute missions	One-minute missions	One-minute missions	One-minute missions
7.00 - 8.00pm	Campfire and Feast			
8.00pm	Congratulations and finish	Congratulations and finish	Congratulations and finish	Congratulations and finish