

Outdoor Adventurous Activities

Rock Climbing

You will get the chance to try out your rock climbing skills on Appleton's very own state of the art indoor climbing wall. You will learn how to put on and use equipment and how to keep yourself and your classmates safe under the supervision of our own instructors.



Biking

Year 7 students will get opportunities to develop their biking skills using the Academy's own bikes and purpose built tracks. We aim to get all students riding a bike and experiencing our mountain bike track.



What you can do at home? Take a look at the challenges you can have a go at before you start Year 6!

Challenge 1: Plan an Adventure Walk

Plan a walk in your local area. Try to find areas of nature and go and explore them. You could use google maps to plan your route and see what local landmarks you want to go and explore. You can learn to use the tools on google maps telling you how far your walk might be and also what the area looks like from above. Most people walk about 3-4 kilometres per hour so you can surprise yourself how far you can go!

Take some photos of your walk and send them to pe@appletonacademy.co.uk



Challenge 2: Research a Famous Mountain

- What is its name?
- What country is it in?
- How high is it?
- Who first climbed the mountain?
- Find a picture of the mountain and **create a poster** about it including as much information as you can find!



When you have created your poster, take a photo of it and send it to pe@appletonacademy.co.uk

Challenge 3: Go on a bike ride

- If you have access to a bike plan a ride in your local area. Go with an adult or a friend and try to choose quiet areas or designated cycle paths. Remember to wear your helmet and check your bike before you go. Use the M-Check guide below to help check your bike is safe to use before you go. We'd love to hear about your bike ride, email us at pe@appletonacademy.co.uk



**Make sure your bike is safe to ride,
follow The M Check.**

atg training
cycle academy

