



Activity Record

5 x 10 session blocks, encouraging young people to 'Get Outdoors' and 'Get Active'.

Block 1: Mountain Biking

Nov'18 - Apr'19: Training and group rides of increasing difficulty throughout block.

Block 2: Bushcraft/Hill Walking

Aug'19 - Oct'19: Outdoor survival sessions followed by increasingly difficult hill walks.

Block 3: Multi-Sports

Oct'19 - Dec'19: Variety of one/two session tasters in different sport, including taekwondo & circus skills.



Block 4: Climbing

Jan'20 - Feb'20: Indoor climbing sessions, beginning on small local wall and progressing to larger wall in Stirling.

Block 5: Canoeing*

Mar'20 - Jul'21: Beginner canoeing lessons on the River Teith.

*Interrupted by Covid-19



84
Activity
Hours



52
Young
People



Activity Record



Block Details

Mountain Biking

Sessions began with introduction to basic manoeuvres—cornering, attack position and emergency breaking.

Progressed to practising on trails of increasing difficulty.

Highlight: Visit from Scotty Laughland for SportScotland video.

34
hrs

17 YPs



Bushcraft & Hill Walking

First sessions were bushcraft, delivered by a local forest ranger— they covered shelter, water, food, fire & survival.

After an introductory navigation session, we embarked on a series of walks. These got progressively more difficult, finishing with an ascent of nearby Ben Ledi (879m).

25
hrs

16 YPs





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Multi-Sports

Aiming to offer some slightly less adventurous sessions in this block, we devised a programme over taster sessions across a range of sports.

The most popular were probably taekwondo and circus skills.

7.5
hrs

18 YPs



Indoor Climbing

Sessions began on a smaller climbing wall in Callander. This allowed participants to learn the fundamentals and build confidence.

We then moved to a centre in Stirling with a larger wall, where the young people also learned the basics of belaying.

Highlight: A couple of our least confident climbers from early sessions reaching the top of the larger (11m) wall.

7.5
hrs

7 YPs



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Canoeing

Our canoeing sessions took place on the River Teith with Active Stirling, offering a local option with fairly calm water. In addition to learning safety principles and the basics of paddling, the early sessions required a great deal of team-work, with groups of 3 young people sharing a canoe.

After being interrupted by the Covid-19 pandemic, we were able to incorporate a final session with a day trip to Loch Ard. After a morning refreshing our paddling skills, we headed up the river and onto Loch Ard itself in the afternoon.

**11
hrs**

17 YPs

