



# Cliffon & Cave

## East Anglia's Premier Provider of Educational & Developmental Activities

At Cliffon & Cave, we believe that all children, young people and adults should be provided with the opportunity to explore new activities, learn new skills...and be a little adventurous.

That's why we provide an extensive range of fun, challenging and motivating activities, with tailor-made programmes for different age groups, along with the ability to deliver these activities on-site or at an external location.

### *Curriculum Learning*

We are committed to supporting schools in providing a comprehensive and challenging selection of activities which can form part of curriculum-based PE classes. Whether you are looking for single session activities or a term-based programme, we can help you to deliver a unique physical activity programme designed to appeal to and embrace pupils of all abilities.

### *Extended Schools*

We specialise in providing themed courses over several weeks to enable a greater depth of pupil learning, interaction and development. Our themed courses provide the opportunity for pupils to learn basic skills and pupils are awarded with an achievement certificate on completion of the course. In many cases, pupils will also receive an official accreditation towards their Duke of Edinburgh Award.



### *Family Involvement*

We can provide fun packed family events, which actively involve parents and children from a variety of diverse backgrounds. These activities help to reinforce learning and commitment to the schools objectives, whilst developing community spirit and interaction and supporting the 'Parents as Partners' initiative.

We offer a wide range of family-based activities including Archery, Fencing and Team Building.



# Every Child Matters

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A comprehensive activity programme with Cliff-ton & Cave will enable schools to achieve ALL of the five Every Child Matters outcomes of;

- Staying safe
- Being healthy
- Enjoying and achieving
- Making a positive contribution
- Achieving economic well-being

...whilst keeping in line with the National Agreement on Raising Standards and Tackling Workload. This ensures that the overall workload of the teachers and head teachers does not increase through the implementation of an extended service.

## Staying Safe

At the start of every session the group will be given a full safety brief on the activity and equipment. The instructor will ensure that all have understood the brief before commencing the activity.

## Being Healthy

At Cliff-ton & Cave, we believe that exercise and participating in group activities out side in the fresh air keeps the mind and body stimulated away from the stuffy class room. Keeping us healthy.

## Enjoying and Achieving

We all know that young and the older students can get disheartened and lose interest in what they are doing very quickly if they are not achieving anything. Therefore, at Cliff-ton & Cave we have programmes of activities, which students of all ages will enjoy. They will gain a good sense of well being by doing the activity, whilst knowing they have achieved something they wouldn't normally do in their day to day life.

## Making a Positive Contribution

Working as a team is very important as your friends and colleagues can very much rely on your part in what you play to get results. Whether it be in work or play. When taking part in an activity and as a team member in order to complete the challenge successfully you all must work together. By doing this each individual would have made a positive contribution in order to complete the task.

## Achieving Economic Well-Being

We at Cliff-ton & Cave hope to achieve this by providing a fun and well structured learning environment to give the students a desire to learn, so as later on in life they will be successful both in life and in work.

# **'On Your Turf' School Programmes**

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## **PE Lessons**

Cliff-ton & Cave will provide two Instructors for the day to look after a class of up to thirty students for the duration of their normal scheduled PE lesson. During this time Cliff-ton & Cave will do an array of team building games to incorporate maximum participation with in the class, whilst also maintaining a fun atmosphere.

All the activities/games can be carried out outside or indoors if the weather is restricting.

The variety of activities we offer include:

### **GAMES**

Ultimate Frisbee  
Parachute Games  
Splat  
Evolution  
Dwarf, Wizard and Giants  
Penguin Race  
Fox, Hound and Hares

### **ACTIVITIES**

Fencing  
Archery  
Wall Climbing

During the course of the PE lesson, we will be reminding the students about the importance of team work and cooperation with some simple mnemonic's to help them remember.

During a session the class should be able to carry out at least three of the games listed above.



# **‘On Your Turf’ School Programmes**

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## **Class Team Building Days**

Clifton & Cave Instructors will come to your school and work with one class or a selected group of students for the whole day. The students will be put through a series of challenges and activities to test all of their team working abilities. They will quickly learn the importance of Team Work as the challenges are impossible to do alone or in small groups. They need the entire group to take part to achieve the goal.

We can only take a maximum of 36 students per day which are split up into three groups of 12 with one Instructor per group. (The minimum group size is 8 and the maximum is 12 but we can only take three groups).

There are a number of activities you can chose from or alternatively, you can choose one of our ready made programs which all have a linked theme and are designed specifically for the particular age group.

Hoverball	Power Plant
Marble Tube	Mine Field
Magic Cane	Island Hopper
Giant Matchstick	Incoming Tide
All Adrift	Triangle of Life
Up Side Down Raft	Houdini's Handcuffs
Cane Tower	Newspaper Tower
The Buggy	Night Ally
Memory Lane	Human Knott
MTA Construction	Human Chair
The Bomb	Riddle the Brain

The groups will take part in six of the activities listed above and will be given an introduction talk of the importance of Team Work. To test that they have learnt to work together as a team throughout the day, we set up a small Team Challenge which is all three groups competing together for a bit of fun to round off the day.



# Pre-designed Programmes

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There are a number of activities you can choose from or alternatively you can choose one of our ready made programs which all have a linked theme and are designed specifically for the particular age group.

Our most popular pre-designed programs include:

## Space- for age 10-13

Hoverball, Marble Tube, Magic Cane, MTA Construction, Night Ally, Power Plant, Memory Lane

## Survival- for age 12-14

Giant Matchstick, Triangle of Life, All Adrift, Cane Tower, Incoming Tide, Island Hopper, Upside Down Raft

## The Army- for age 14+

The Buggy, Memory Lane, The Bomb, Power Plant, Mine Field, MTA Construction, Magic Cane





# 'On your Turf' School Programmes

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## Extended Schools

Extended Schools is a newly devised program developed by the Government. We can come to your schools to set up physical activities such as:

Climbing  
Archery  
Fencing  
Circus Skills

We will deliver a 12 week course for your chosen activity and then will award each student who successively completed the course with a certificate to say they have completed to the course guidelines.

They will also achieve an accreditation certificate for the Duke of Edinburgh Award which can go towards either Physical Recreation or Skill part of the Bronze, Silver or Gold Award.

The sessions last 1 hour and are for a maximum group size of 12 students per session. It is possible to have more than one session running on your site at one time.



# **‘On Your Turf’ School Programmes**

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## **Saturday Clubs**

We can provide selective activities on your school grounds on Saturdays for three hours in the morning where students can come along with their parents and take part in a series of fun activities together. These activities include:

Climbing  
Fencing  
Archery  
Circus Skills  
Laser Tag

Before they take part in the activity they will be given a safety brief and rules of the activity and shown how to operate the equipment and then monitored at all times.

We can provide a maximum of three activities for the duration of the morning.



# **‘On Your Turf’ School Programmes**

## **School Fun Days**

This course is designed for the whole school to have a chance to take part in different fun orientated activities throughout the day. We can provide up to four different activities where all the students have to do is queue up in turn to take part.

The participating time is kept to a minimum to allow the maximum number of people to take part. There is not a limit of how many turns one person has at each activity but they need to be aware if there are people who have not had a go and time is running out they will be asked to let them go first.

Our most popular activities include:

Activity	Number of Participants at once	Average Time on Activity per turn
Climbing	4	5mins
Archery	3	6 shots
Laser Tag	12	5mins
Circus Skills	20	10-15mins







# 'On Your Turf' Activities

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## Minefield

The team must get from one end of the Minefield to the other, without stepping on too many mines.

The team have come to a battle field that has been laid with mines.

The entire team must cross the minefield following strict rules for their own safety.

## Island Hopping

The team must move themselves and all equipment used from the start line to the finish line without touching the floor.

The team are stranded on one side of a river;

To cross the river the team must use three small islands

The islands are too far apart to jump between

The team must cross the river taking all the equipment with them

## Memory Lane

The team must describe a hidden structure to each other to see if the final person can reconstruct the same structure.

The team need to relay a coded message from one side of 'no man's land' to another. The team are spaced out across the open space, and must remain in position to pass the message on.

The team will have to keep really quiet so as not to alert the enemy to their position. The code is in the form of a 3D shape, which needs to be relayed and reconstructed on the other side of 'no man's land'.

## Marble tube

The team have to get the marble from the start to the finish line without touching the floor and only using the piping to touch the marble. The team may encounter some obstacles along the way.

You are on Titan orbiting Saturn and you have found some precious minerals on the shore line you now need to recover the minerals but they can't be handled or come in contact with sun or any sort of day light. The marbles should not be exposed to daylight and cannot be touched for fear of damage and contamination.

## Spiders Web

The team have to pool their ideas to get the entire team from one side of the web to the other without using the same gap twice and without touching any of the web.

The whole team must pass through the Spider's Web, which is blocking their path, to reach safety. The web is poisonous, so the team must take great care not to touch it.



## Giant Matchstick

As a team they have to lift the ball and place it into the cup on top of the Matchstick, using only the broom handles to touch the ball.

The team are building a firework for a grand village bonfire night. A ball containing the fireworks must be placed on top of the Giant Matchstick. The ball contains nasty chemicals, so must be moved with sticks. The villagers are relying on the team, as they want to have a good party!

## Hover Ball

Working under the direction of the leader the team have to pick up the ball from the start cone with the cradle, and move it over a number of obstacles to a finishing cone.

Your team are a group of minors working on Mars. You have just come across a new type of rock and need to take it back to the pod for analysis (investigation). To stop any contamination to your self and the rock no one can touch it and it can not touch you or the surface of Mars. The rock can only be handled with the cradle provided.

## Buggy

The team need to construct a vehicle using the available materials in order to get from the start line to the finish line without touching the ground.

You need to cross the swamp in front of you but you cannot walk on the ground as it is so soft that you will sink. You need to construct a vehicle that applies less pressure to the ground than a walking person. All the team must get to the other side of the swamp.

## Incoming Tide

To build a structure that holds the entire team (not including observer) off the ground.

The team are stranded on a sand bank and the tide is coming in fast. The water will only rise to about 25cm deep but it is full of hungry piranhas so the whole team must get out of the water. A structure must be built to hold the whole team out of the water

## Cane Tower

The students must build two freestanding structures, each 6m high. They must devise a way of measuring its height.

The team are lost in a bamboo forest. The only real hope is to catch the attention of people in the nearest village before nightfall. To be seen from the village articles of clothing must be hoisted to exactly 6m on two separate structures.

Night is falling, there is limited time...Does the team have something bright to be seen more easily?



### All Adrift

This is a paper exercise in consensus decision-making.

It has two objectives:

- To investigate whether teams do better than individuals in making decisions.
- To give a real experience to hang the teamwork theory on. Participants can relate the key points to what actually happened in their group.

### Triangle of Life

The team are split up into three separate teams.

They then have to work out using the equipment provided to shear out the food, water and fire lighting equipment between the three islands. None of the equipment can touch the floor.

### Power Plant

The team are tasked to change over the nuclear reactor rods. They have to manoeuvre a cradle with a hook attached to the bottom and then carefully guide it over the hooks of each rod to remove them from the area.

### Upside Down Raft

This is a quick introduction to team work challenge where the students stand on a plastic sheet and are told to stand on the other side without stepping off the sheet. At the end of the day we can return back to this challenge and test their team work by completing the task.

### Magic Cane

This is a quick introduction to team work challenge where the students are put into two lines facing each other. A 6 foot cane is then placed onto their figures and then they have to lower it to the ground.

But unknown to the team, the cane will start to rise into the air with the slightest pressure. Until the team works together it will start to lower. At the end of the day we can return back to this challenge and test their team work by completing the task.

### Houdini's Handcuffs

This is a quick introduction to team work challenge where the students are paired off. They are then attached to each other by handcuffs (ropes) and then asked to free themselves without removing the handcuffs from their hands.

### The Bomb

We have two variations of this task depending on the age of your students. But both of them have the same outcome. (Removal of the bomb from a control area). The group will be provided with equipment to carry out the task.

### MTA Construction

This is a building task where the students get given something to build and then give a two minute sales pitch on what they have just built. We use durable equipment provided by MTA International.



### Night Ally

This is a task designed for the senses and communication skills within the group. We blindfold all of the students and then play some simple games whilst blindfolded. The next part of the session is going through a simple obstacle course.

### Human Chair and Knot

These are mainly five minute fillers but are also good fun to do throughout the day, as they rely on trust and cooperation.

### Riddle the Brain

We have a pack of brain teasing riddles which we give to the groups throughout the day.



# Price Guide

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Cliffon & Cave must advise that these prices are only a guide and to be used for reference only.

Depending on availability and time of the year prices may vary.

PE lessons per day instruction for two instructors;  
£400 per day

Class/Group Team Building Days for three instructors;  
£500 per day

Extended Schools Programme;

One activity	£300 per session
Two activities	£550 per session
Three activities	£700 per session

Saturday Club for 3hrs and one instructor  
£250 per session

Fun Days for three instructors  
£600-800 per day

We can provide tailor-made packages depending on your specific requirements and discounts are available for multiple bookings/activities.

Discounts are available for 12 week extended school programmes (enabling delivery of Duke of Edinburgh accreditations)

We can also provide activities for School 'Activity Weeks'. Prices are dependent on requirements.

Please contact us to discuss your requirements in more detail to enable us to provide you with the most suitable programme for your budget.





# About Cliff-ton & Cave

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Cliff-ton & Cave is the brainchild of two childhood friends Pete Allen and Dan Parker who both share an enduring passion for the outdoors.

Having embarked on many expeditions together, the highly experienced duo wanted to help others to benefit from the variety of skills they had learned, but realised that not everyone was able to experience these whilst embarking on an expedition to the top of Mont Blanc!

This led to the development of "On your Turf", a programme which brings the thrill and excitement of physical activities such as wall climbing to a more accessible location such as the school playground, gym or community hall.

With the introduction of Every Child Matters, and the Extended School Initiative, Pete and Dan decided to form Cliff-ton & Cave with a profound mission that all children, young people and adults should be provided with the opportunity to explore new activities, learn new skills and be recognised for their achievements.

## Pete Allen, Director

Former music teacher Pete Allen (26) first started mountain walking at the tender age of ten and started working towards his Duke of Edinburgh Award at fourteen. During High School he went to Wales, Scotland, Yorkshire and Darby on Duke of Edinburgh trips and he was awarded his Gold Duke of Edinburgh in 2004.

He worked as an activity instructor in the Isle of White where he rapidly went through the ranks to the position of Programme Manager based in Northern France.



Pete Allen is a highly experienced instructor and assessor and has delivered fencing, hill walking, archery and wall climbing courses to adults, children and young people. He is a fully qualified Duke of Edinburgh assessor for Physical Activities and Skills at Bronze, Silver and Gold Levels and is a member of the Norfolk Lowland Search & Rescue Team and a member of the British Mountaineering Council.

He is a Lance Corporal in the British Territorial Army and has served in Iraq, Belize and most recently a six month tour of Afghanistan during the Summer of 2007. In true Pete style, he celebrated his return from service with an expedition to the top of Mount Blanc!

Pete is also a qualified to deliver Child Awareness training in association with Act4Us.



# Contact Us

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Cliff-ton & Cave Ltd  
25 Bank Plain  
Norwich  
NR2 4SF

Tel: 01603 283 504  
Fax: 01603 283 505  
Web: [www.cliff-tonandcave.co.uk](http://www.cliff-tonandcave.co.uk)

## For Sales and General Enquiries:

Wes Gould  
Sales and Marketing Manager  
Tel: 01603 283 504  
Mobile: 07810 723 021  
Email: [wes@cliff-tonandcave.co.uk](mailto:wes@cliff-tonandcave.co.uk)



For more information visit [www.cliff-tonandcave.co.uk](http://www.cliff-tonandcave.co.uk) or call 01603 283 504