ACTIVE EDUCATION

LOtC sessions for KEY STAGES 1 & 2

Quality Badge awarded by

In association with

Our LOtC sessions blend learning with a stimulating, active environment to ignite a passion for physical activity and healthy lifestyles for schools and families throughout the UK.
WHAT IS GRAVITY ACTIVE EDUCATION?

Learning Outside the Classroom is not only about what the children learn, but also fantastic exercise in disguise! Our sessions are designed to encourage team building, improve physical coordination & can help develop young people’s capacity and motivation to learn.

Our programme has been created by experienced sports coaches and educational professionals to ensure a clear focus on the national curriculum and core learning outcomes across the key stages.

Gravity is on a mission to provide fun, engaging educational experiences in our venues, to support classroom learning and instill a love for healthy, active lifestyles.
KEY BENEFITS

STATE OF THE ART FACILITIES

INDUSTRY LEADING SAFETY RECORD

IMPROVES PHYSICAL COORDINATION & MENTAL WELLBEING

TEAM BUILDING & SELF CONFIDENCE

IMPROVE STANDARDS BACK IN THE CLASSROOM

EXERCISE IN DISGUISE!

LOtC ACCREDITATION

Quality Badge awarded by Council for Learning Outside the Classroom
ESCAPE TO A NEW WORLD OF PLAY

SCHOOL REWARD TRIPS

Whether it’s for team building, celebrating or simply rewarding your students, our parks are jam-packed with a range of fun activities in all shapes and sizes perfect for groups. We can happily create a bespoke session around your needs and requirements!

Fun Reward Trip (Option 1 School Ticket): Priced at £10.00 per person, this includes a 1-hour jump session with grip socks. A great incentive to boost attendance using class points or house points.

Enquire today

From £10.00 pp
Includes socks

E: schools@gravity-uk.com
T: 0330 159 5815

Activities vary per site.
TRAMPOLINE PARK SESSIONS

Structured Lesson Plan (Option 2 L0TC Ticket): For £13.00 per person (including grip socks), students engage in activities that develop fundamental skills, teamwork, communication, and balance.

*Activities vary per site

Minimum group size

10

£13PP
Includes socks & squash

ENQUIRE TODAY
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T: 0330 159 5815

Activities vary per site.

GRAVITY ROCKS CLIMBING SESSIONS

A select number of Active sites also have Gravity Rocks clip & climb walls! Each wall is unique making it suitable for all skill levels. It’s the perfect introduction to indoor rock climbing whilst boosting confidence & showing how to work as a team.

*Activities vary per site

Minimum group size

10

£8PP

TRAMPOLINE & CLIMBING COMBO*

£20PP
Perfect for the whole class!
**LEARNING OUTCOMES**

Students will develop fundamental skills through physical coordination & team work via jumping, balance, throwing & catching across a range of activities. Students will also engage in a Gravity competition & challenge themselves to try out new movements.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>TIMINGS</th>
<th>OVERVIEW</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety briefing &amp; warm up</td>
<td>10 Mins</td>
<td>Warm up like a superhero! Even heroes need to stretch before they take to the skies. Afterwards students will be given a superhero card &amp; must think of actions or poses related to their superhero. This will also be used during the main activities.</td>
</tr>
<tr>
<td>Discovery play</td>
<td>5 Mins</td>
<td>Structured &amp; supervised free time to settle into the park. Burn off some energy &amp; get them excited about the start of their session.</td>
</tr>
<tr>
<td>Activity 1</td>
<td>10 mins</td>
<td>Focusing on jumping &amp; balance, students will take turns running into the ball pit pulling their superhero pose. There is a prize for whoever jumps the furthest!</td>
</tr>
<tr>
<td>Activity 2</td>
<td>10 mins</td>
<td>Focusing on running &amp; coordination, students will have to avoid designated areas whilst moving around in the style of their superhero – this could be hopping, skipping or even crab walking! There will be periods where all areas are traversable allowing them to continue moving like their superhero.</td>
</tr>
<tr>
<td>Activity 3</td>
<td>10 mins</td>
<td>Focusing on jumping, teamwork &amp; balance, students will take turns to do their best superhero pose onto the airbag. Other students will have to guess their pose &amp; each time a student jumps they will be encouraged to think of new poses to pull.</td>
</tr>
<tr>
<td>Reward free play</td>
<td>10 mins</td>
<td>An opportunity to explore and take part in any other activities they haven’t yet been on. Timings may be flexible depending on the flow of the session.</td>
</tr>
<tr>
<td>Recap &amp; cool down</td>
<td>5 mins</td>
<td>A recap on the session &amp; what they have learnt. It also includes a cool down to bring down heart rates &amp; stretch after exercise.</td>
</tr>
</tbody>
</table>
## LEARNING OUTCOMES

Students will develop fundamental skills through physical coordination & teamwork via jumping, balance, throwing & catching across a range of activities. Students will also engage in a Gravity competition & will mix in different groups to encourage communication & team building. At the end of the session there will be a group reflection period to discuss skills learned & recognise their own successes.

### ACTIVITY TIMINGS OVERVIEW

| Activity Introduction: Rock Paper Scissors Evolution | 15 Mins | Focusing on team building, coordination & balance. Students will evolve through different stages – from egg to superhero! Each stage has a corresponding action that the students must demonstrate.
- Eggs – Will crouch and walk on the padding with their hands on their head
- Chickens – Will jump lightly around and flap their wings and cluck like chickens
- Dinosaurs – Will Jump high and create dinosaur arms
- Rockstars – Will jump in the air playing an imaginary guitar
- Superhero's – Will knee drop and flop into a superhero pose

Students mix & play Rock, Paper, Scissors against each other to decide who advances to the next evolution stage or who stays as they are! |
| Core activity: The Dino Egg | 20 Mins | Focusing on team work, coordination & a range of physical movements. Students must work either individually or as a team to keep the dinosaur egg in the air as much as possible without dropping it! They have 2 minutes to keep their egg in the air with as many touches as possible, whether that’s throwing, catching or pushing into the air to juggle. Extra layers of difficulty will be added to keep the activity challenging! |
| Rewarded free play | 10 Mins | An opportunity to explore and take part in any other activities they haven’t yet been on. Timings may be flexible depending on the flow of the session. |
| Recap and cool down | 5 Mins | A recap on the session & what they have learnt. It also includes a cool down to bring down heart rates & stretch after exercise. |
WE HAVE PARKS IN...

1. Birmingham
2. Castleford
3. Corby*
4. Dartford
5. Edinburgh
6. Glasgow
7. Hull
8. Leeds
9. Luton
10. Maidstone
11. Milton Keynes
12. Northampton
13. Norwich
14. Stevenage
15. Warrington*

*Option 1 is only available at these two sites.
ENQUIRE TODAY

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T: 0330 159 5815

Our LOtC accreditations*, risk assessments, IATP certification & PAS5000 are your guarantee that your trip will be fully covered, your student’s safety will be prioritised and that it will be a quality educational experience.

*At the time of publication some sites are awaiting confirmation of LOtC accreditation. Birmingham, Corby & Stevenage.