KORE

Kiwi Outdoor Resilience Education

Activities for Schools

We are extremely lucky to have such a great team providing guidance to our students, and the venue and weather were also great. I know that you put a huge amount of work into making sure your programmes are affordable and accessible to so many students throughout the city, and we really appreciate the time you put into making sure these continue.

Sue Sheaf – St Joseph's

We all had a great time at the tramp day. The guys were fantastic. They really managed the group well and kept the kids focused. The experience that the team at KORE provide is awesome, it gives children an introduction to many essential elements of outdoor education and provides a platform for further learning.

Peter Chaplin – Phillipstown School

Introduction

The main thing that holds people back from experiencing their full potential in life is opportunity.

Far more than a fun day out of school, KORE activities are grounded in the curriculum, and in particular all five Key Competencies; Thinking, Using language, Managing self, Relating to others and Participating and contributing.

The combination of fresh air, learning through play, physical activity, responsibility and being a member of a small team, brings a sense of pride in achievement.

In addition, children who do not do well in the classroom are given a chance to shine and frequently do.

Also, the activities are planned to increase awareness of the importance of safe practice around water; we have worked closely with Water Safety New Zealand
in developing the best possible programmes.

KORE has extensive experience running outdoor classes with children in an environment that involves variable conditions and multiple hazards. We have therefore developed high levels of expertise to manage class groups in these situations.

Building students' confidence and developing within them a respect for their natural surroundings increases their resilience. Outdoor skills are the perfect building blocks for this. KORE programmes develop skills associated with being confident in a wilderness environment; skills and confidence that can be called on when facing other new or difficult situations. In short, resilience.

Fundamental movement skills.

We know that developing our fundamental movement skills helps us manage activities throughout our lives. When your students are working locomotor, stability and manipulative skills at the same time and on a moving platform that can tip upside down and accelerate instantly, or learning to slide their feet along a thin rope a metre or two above the water, they are on a fantastic learning curve. We believe this is potentially even better for those who are less confident in these situations. Having these skills is an essential part of enjoyable participation and lifelong interest in an active lifestyle.

KORE for schools

Primary
KORE sailing - years 5-6
KORE water - years 4-6

Intermediate
KORE sailing - years 7-8
KORE water - years 7-8
KORE rivers - years 7-8

High School
KORE sailing - years 9-13
KORE water - years 9-13
KORE rivers - years 9-13

Our venues

We have been using Lake Rua, in the Roto Kohatu Reserve, as a sailing venue since 2002. It is located off Johns Road in Harewood. It has the benefit of pleasant rural surroundings without the restrictions of tide and current.

It is right next door to Omaka Scout camp with accommodation options for a class or two.

We also have consent from the Christchurch City Council for walking track access from Roto Kohatu Reserve to the Groynes on the Otakaikino Track. The local rangers are very active in keeping the area in superb condition. At the Groynes we are working with the Park Rangers in our use of the Otakaikino River for KORE rivers

The Canterbury Community Sailing Trust is a critical part of schools' sailing and has provided the containers for storage, and funding for schools and students who would otherwise not be able to attend.

We also take the sailing programme to Lake Pegasus and Lake Hood.

Risk Management

Our instructors are all well trained and appropriately qualified with an extensive knowledge of the outdoor area you will have access to only 20 minutes from the centre of town.

A copy of our Risk Assessment Management Scheme is provided to all schools in advance; all our instructors are familiar with this document, which is updated on a regular basis.

All school classes attending one of our programmes will have at least one instructor who has a First Aid Certificate. On the lake, our instructors keep close to ensure help is immediate if needed. The river area is checked for risks by our coaches before setting off. All locations on the river are a maximum of one kilometre from road access.

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KORE Discover Sailing

A one day sailing experience for Primary – years 5-8 or Secondary – years 9-13 school classes.

Our sailing programme started in the 1970s and continues to provide a great outdoor activity for Canterbury schools. KORE sailing has been running the sailing school for over ten years. Now, each season over 3000 children from dozens of Canterbury primary, intermediate and more recently high schools join us at Lake Rua, Lake Pegasus or Lake Hood for their first sailing experience. Organised access to consistent water resources and the availability of different boats and sail setups form a significant community resource and allow us to work with the full range of students. KORE sailing has worked with students from new entrant to year 13.

Our sailing programmes are designed to give students a significant educational experience coupled with the important elements of safety and fun. As well as incorporating all the Key Competencies, sailing is a practical demonstration of the forces in action, i.e. a very good practical application of science – it is all physics.

Sailing Day Programme

1. **Sailing day: Morning:**
- Bus drop off at venue 9:30am
- Rules and safety plan for the day from our two sailing instructors
- Introduction session at venue – 60 to 90 minutes

2. **Boats and rigging demonstration**
- Introduction to the boats we will be using
- Rigging demonstration and practice
- During this time – Teacher and other adults briefed on the day
- Student groups rig their own yachts
- All yachts checked by instructors.

3. **How to sail, a demonstration and practice**
- On-land sailing demonstration
- Students practice on-land in the boats they rigged. Coaches and teachers help checking student progress.
- How to correctly fit a buoyancy aid and water safety points
- Buoyancy aids issued and checked for fit
- Students supported one-on-one for their first solo sail.

4. **Morning tea break:**
- Students continue to sail individually, taking turns in their group's boat.

5. **Lunch break:**
- Continued sailing, with students encouraged to extend their capabilities
- Optional Team relay race – teacher and parents welcome to join in.

6. **End of day:**
- Teams de-rig their boat and put away equipment
- Change and pack up
- Leave for school about 2:30pm.

KORE kiwi sailing - NCEA sailing programme

Secondary - years 11-12

Delivering programmes with both achievement and unit standard credits for students. KORE has adapted our successful KORE kiwi sailing learn sailing programme for high school students that have not sailed before - or perhaps who did a day with us at primary school.

These are multi day programmes that are adapted in consultation with teachers to fit in with school programmes and timetables. Sessions can be from 60 minutes to whole days and can include out of school time. At school sessions, both practical (knots) and theory (forces and rules) are included.

Book today
simon@kore.zo.nz

KORE River Crossing

A whole day outdoor experience for Intermediate – years 7-8 or Secondary – years 9-13 school classes.

This entry level course using the Otukaikino River (which we believe that Ngai Tahu used as a training area for the crossing of the mountains for the pounamu trade) in the Groynes or Roto Kohatu Reserve has been designed to cover several foundation survival skills: river crossing and tramping (or walking in a group), as well as social skills and environmental awareness. A part day option is also available.

KORE rivers offers students a great new opportunity. Like the KORE sailing programme this activity is all about being safe in and around water, in this case rivers.

All Key Competencies are covered alongside the physical skills as participants practice social skills such as team building and decision making, as well as developing an awareness of the safety of themselves and others. By building their confidence at and in the river and developing new skills children get a sense of independence in the outdoor environment and also develop necessary skills to recognise hazards.

River Crossing Programme

1. **Crossing day: Morning:**
- Bus drop off at venue 9:30am
- Intros, rules, safety plan
- Water safety and river crossing - in accordance with New Zealand Mountain Safety code.

2. **The 3 questions:**
- Should I cross (is it safe for me/us),
  And IF YES
- Where do I/we cross,
- How do I/we cross.

3. **River crossing:**
- Identifying crossing points and techniques.
- Practise crossing
- Crossing with a two rope bridge – our bridge in a bag,
- The wider river and searching for safe crossing
- Crossing upstream? Why not?
- Deep water – when you cannot touch the bottom – safe floating with and without backpack.

4. **Back to base:**
- Wrap up, learning outcomes and debrief
- Warm clothes and activities
- Bus pick up to get back to school about 2.30pm.

Book today
simon@kore.zo.nz

Photo courtesy of Samblin Photography

KORE Water Activities

A whole day of activities on, around and in the water for Primary – years 3-8 or Secondary – years 9-13 school classes.

This programme arose from a request from Westburn School for a rotation of activities in a day. We found that their year 5-6 students had mostly not even been on a kayak before!

During the day the groups experience a variety of different activities, based on discussion with teachers, to suit their students with year group and their and our experience taken into account. The day could be in two or three sessions. Options are weather dependent and include raft building, kayaking, stand up paddle board, river crossing, boat safety and water confidence.

These activities are all based around building water confidence and developing fundamentals and are delivered under supervision, in a controlled environment.

Raft Building

The groups make a raft and test it on the water. Students are split into small teams and select the equipment from which to construct a raft. They are then given time to design and build their raft, before undertaking a short race out and back around a buoy. This is usually a teacher or parent lead activity.

Kayaking

Each student has their own kayak (sit on tops) and paddle. They are shown the basics of sitting on, paddling, turning and getting back into a kayak before going onto the water for some time practising these skills.

Stand up Paddle

New for 2015/16 season. Each student uses or shares use of a board, leash and paddle. They are shown the basics of getting on and standing on the board, paddling, turning and getting back into a SUP before going onto the water for some time practising these skills. SUP brings significant and different balance and control factors to the fore.

River crossing

We take the group over to the Otukaikino river, where they experience different types of river crossing from a two rope bridge (a bridge in a bag) to shallow wet crossing and perhaps deep wet crossing; we talk about and demonstrate techniques for crossing safely, then the group practise it themselves.

Boating Safety and Water confidence

A group of experiences to develop water confidence in students, from simply walking out of their depth in a buoyancy aid Groups have the chance to "play" in a dinghy without a rig on, learning how to be safe in a boat with fun activities like paddling a short race, jumping out and helping each other back in.Tipping over a small boat, going under it and swimming out from underneath again. These activities are designed to help the least confident get to the same level as the most confident.

High school programmes are all adaptable to suit the courses for each school programme

Book today
simon@kore.zo.nz

Firstly can I congratulate you all on the programme that you ran for us this year. Once again it catered for all our children and was superbly presented. We appreciate what you have given our children.

Darryn Ward – Westburn School

Contact us

Simon Rutherford

027 669 0768 • simon@kore.co.nz

0800 724 554 • www.kore.co.nz

We had an awesome day. Your staff were excellent. The class were just buzzing – full of delight at their own achievements and pleased for what their class mates managed.

Liz France – Harewood School

SAFE
SAILING
ACTIVE
KAYAKS
FUN

KORE

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