



**It's back...**

# **Beckfoot School Enrichment Week**

**18<sup>th</sup> – 22<sup>nd</sup> July 2022**

**Norwich PE Trip**



# Key Information

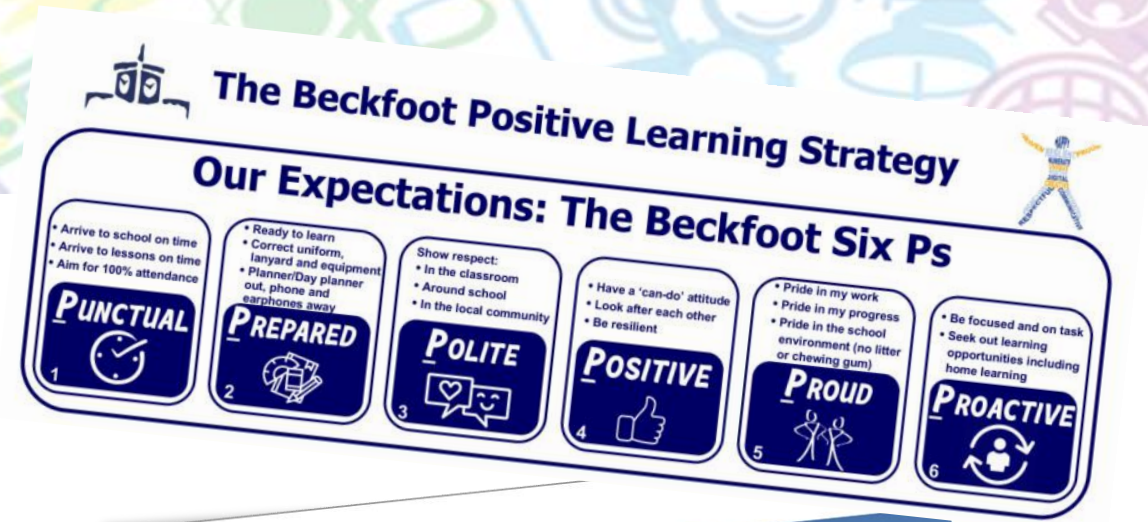
- We are so excited to bring back EW 2022!
- It's a brilliant opportunity to meet new people and a chance to learn new things and discover passions
- EW is from Monday 18<sup>th</sup> July to Thursday 21<sup>st</sup> July 2022
- Expectations of students are higher, as we're out of our comfort zones and with the general public – represent well at all times



# Represent well

During EW, you represent yourself, your family and Beckfoot School so above all else, ensure you:

1. Show up, on time, with everything you need; attendance is compulsory
  2. Show politeness and respect everyone
  3. Keep a positive “can do” attitude
  4. Be proud to represent
  5. Do what is asked of you the first time, every time
- Do these 5 steps, and you’ll have a great time!



# Itinerary

## Monday:

06:45 Meet At Beckfoot School

07:00 Coach departs

09:00 30-minute Comfort Break at Service Station

09:30 Coach departs services

12:00 Arrive at The Nest. Holt Rd, Horsford, Norwich NR10 3AQ

12.15 Distribute keys and settle into bunks

13:00 Lunch in The Clubhouse

14:00 Fixture 1

16:30 Welcome talk

17:00 Free time

18:30 Dinner in Dining area

19:30 Evening activities in Clubhouse



# Itinerary

Tuesday:

08:00 Breakfast

09:00 Free Time

10:00 Training

12:30 Lunch Time

13:15 Free Time

14:00 Fixture 2

16:00 Free Time

17:30 Challenge Woods

18:30 Dinner in Dining area

19:30 Evening activities in Clubhouse



# Itinerary

Wednesday:

08:00 Breakfast in Clubhouse

09:00 Free Time

10:30 Multi-sport activities

13:00 Lunch Time

13:30 Depart for beach

16:30 Depart for Nest

17:30 Challenge woods

18:00 Dinner in Dining area


19:00 Depart Services

21:00 Drop off for collection at Beckfoot School





# Kit List

- Football boots – soft/firm ground – suitable for grass and astro
  - Shinpads
  - Long football socks
  - PE Kit
  - Training gear (shorts, joggers, t-shirt, half-zip/hoodie)
  - Casual clothing for days out, downtime and evening activities.
  - Underwear – 2x per day
  - Toiletries – shower gel, shampoo, towel, toothbrush, toothpaste, anti-perspirant – can any of these be shared by people in your room?
  - Medication e.g. inhaler
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- We will provide school football kit (top) for matches – These will need to be washed by you!
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# Sleeping Arrangements

- Accommodation is made up of five unique bunkboxes
- Each bunkbox sleeps up to 14 people, and all contain two WC facilities
- Each bed contains a lamp, a charging point and under the bed storage. An electronic keycard means the bunks are secure.
- Seven shower cubicles and four unisex toilets are located a short distance away in the clubhouse
- In rooms by 9pm, lights out 10pm





# Extras

- Money – all food is included, you may want some pocket money for snacks, at the services and when we visit the city for souvenirs etc
  - Valuables – anything you bring is your responsibility
  - Any questions?
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