



**Foundry College**

nurture · inspire · achieve

**Alternative Provision (AP)**

**2023**



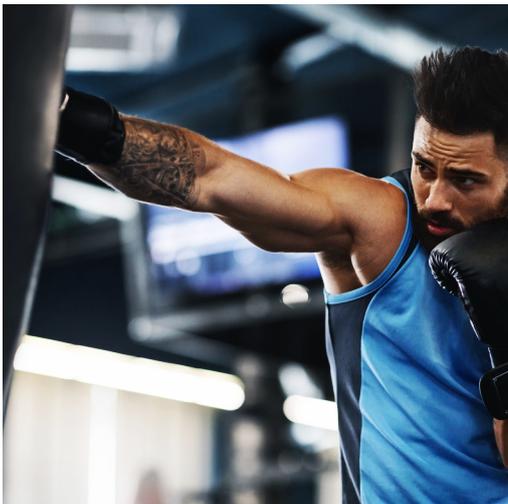
## Alternative Provision Packages

# WHAT'S ON OFFER



## CLIMBING

Climbing can be both challenging and exhilarating, whilst always bringing a smile to your face. Climbing is a full body workout. It doesn't just keep your body flexible and fit, but it also stimulates and improves your cognitive ability, problem solving and confidence.



## BOXING

Non-contact boxing is a fitness workout that takes the traditional moves of boxing and uses them in an exercise workout that focuses on strength, speed, agility, endurance, hand-eye coordination and footwork. Boxing focuses on discipline, improves self confidence, self determination and increases resilience in order to overcome challenges.



## MTN BIKING

In terms of behavioural benefits, mountain biking fosters resilience, determination, and problem-solving skills. Riders must analyse trails, make split-second decisions, and overcome challenges, enhancing their cognitive abilities. It encourages perseverance and self-confidence, as riders progressively tackle more difficult trails.

# CLIMBING



## CORE SKILLS

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Climbing is way more than just a fun thing to try. Done regularly it has **huge health benefits**, including increased strength, muscle building, improved cardio, flexibility, and mental well-being.

Indoor rock climbing and bouldering **positively impact mental health** through the strategic approach to challenges and problem-solving.

Climbing is a dynamic exercise that combines strength, cardio, and risk management. It is often described as **solving a puzzle with your body**, requiring strategic thinking, adaptation, and pushing yourself to make a move even if you think you'll fall.

The challenges of climbing are unlimited. The variety not just in difficulty, but the types and degrees of walls, different holds, and body positions are almost infinite. It also doesn't get easier as you improve, the routes just get harder.

## LEARNING OUTCOMES

- Team work and resilience
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

## DETAILS

LOCATION:	OAKWOOD, WOKINGHAM
PARTY LEAD:	QUALIFIED INSTRUCTOR
COST:	£90 PER SESSION (2HRS)
COURSE LENGTH:	6 WEEKS (6 SESSIONS)

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All outreach referrals to be made via the Foundry College website:

[www.foundry.wokingham.sch.uk](http://www.foundry.wokingham.sch.uk)

# NON-CONTACT BOXING

## CORE SKILLS

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Boxing fosters discipline and helps achieve difficult goals both in and out of the ring.

**Promoting concentration, self-confidence, self-determination**, and disconnection from risky behaviours and violence.

It also develops life skills including developing relationships and **enjoying positive interactions** with others, improving communication in order to express and receive information correctly with others through assertiveness and **respect**.

Resilience is part of the essence of boxing, it is what has allowed many young people to move forward, **improve their quality of life**, fulfill their dreams with self-confidence, with a positive attitude, with **emotional maturity** and a strong determination to face tough times throughout their life.

## LEARNING OUTCOMES

- Improved self confidence
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

## DETAILS

LOCATION:	FOX DEN GYM, WOKINGHAM
PARTY LEAD:	QUALIFIED INSTRUCTOR
COST:	£90 PER SESSION (1.5HRS)
COURSE LENGTH:	6 WEEKS (6 SESSIONS)

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# MOUNTAIN BIKING



## CORE SKILLS

Mountain biking is a **fantastic cardiovascular workout** that improves endurance, strengthens the lower body, and enhances overall fitness. It helps to build core strength and balance, as riders navigate varied terrains and obstacles.

Regular mountain biking can contribute to weight loss, reduce the risk of heart disease, and improve mental well-being by **reducing stress** and promoting a sense of achievement.

In terms of behavioural benefits, mountain biking fosters resilience, determination, and problem-solving skills. Riders must analyse trails, make split-second decisions, and overcome challenges, **enhancing their cognitive abilities**. It encourages perseverance and **self-confidence**, as riders progressively tackle more difficult trails.

From a social standpoint, mountain biking provides opportunities for group rides and **community engagement**. It creates a sense of camaraderie, offering a platform to connect with like-minded individuals and promoting **environmental consciousness** and a connection with nature.

## LEARNING OUTCOMES

- Team work and resilience
- Improve social skills
- Improve communication skills
- Helps cognitive skills
- Improved self-esteem
- Improved self confidence

## DETAILS

LOCATION:	SWINLEY FOREST, BRACKNELL
PARTY LEAD:	QUALIFIED INSTRUCTOR
COST:	£90 PER SESSION (2HRS)
COURSE LENGTH:	6 WEEKS (6 SESSIONS)

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