

Dear Educators,



OUTDOOR TEACHING EXPERIENCES & ENVIRONMENTAL EDUCATION NELSON MANDELA BAY 2017

There is a growing need for experiences that inspire, enrich and encourage learners to become inquisitive about the incredible natural world around them. Nelson Mandela Bay has an amazing selection of pristine natural areas that are ideal for outdoor learning. Get Real offers a service which enhances all areas of the curriculum through practical fieldwork and experiential learning. We provide a safe experience allowing learners to explore and engage their environment while learning new skills. Our focus is on fostering appreciation of the natural environment, as well as the sustainable use of our coastal and marine resources in a memorable way, while also introducing them to fun outdoor activities.

We can accommodate from 2 to 5 classes at a time (\pm 60-150 learners) on educational outings and up to 350 learners for beach based team building and leadership days. We also offer longer camps at various partner venues in and around the Metro.

Please find hereunder details of the various options that we offer for schools on the PE Beachfront, Cape Recife, Sardinia Bay and Virgin Bay Nature Reserves. **Cost:** R40pp (2hrs, min 30), R60pp (3-4hrs, Min 30 with additional adventure activities).

Environmental Education outings (\pm 3-4hrs)

Our outings are tailor made for each grade and cover the learning outcomes of the Revised National Curriculum Statement. Learners work in small groups and are involved in a series of practical tasks. Each outing takes place in a different location so that children can return each year and have a new and unique experience. Each outing also includes environmental education and eco-adventure activities, as well as beach and or water safety briefings.



Our staff will usually include a teacher, a qualified surf lifesaver or first aid facilitator, a tour guide, an adventure sport instructor and guide (depending on the size of the group). We offer a 1:15 ratio of students to facilitators, excluding your staff. Quality staff makes all the difference in any educational experience and our goal is to not only equip learners with new life skills and knowledge about the natural world, but inspire a natural curiosity that makes them want to learn and apply more.



Grade 1: Pollock Beach

- Learners rotate between different activities in small groups.
- A professional lifeguard teaches about beach and sun safety.
- Learners encounter various living creatures and learn about the delicate beach ecosystem.
- Learners discover a shell collection with crab skeletons, urchins, saddlebacks, sharks eggs and other interesting beach treasures.
- Each group makes a pictograph based on the number of different shells in a collection.
- Each child makes their own beach art to take home as a souvenir.
- It's a great place to see and learn about how surfers ride a wave.
- Groups will also get an opportunity to swim in a safe, natural tidal pool under lifeguard supervision.
- Story sequencing cards are used to teach children about the problem of pollution and how each person can make a difference.



Grade 2: Rock Pools (Cape Recife Nature Reserve/Beachfront Rock Pools)

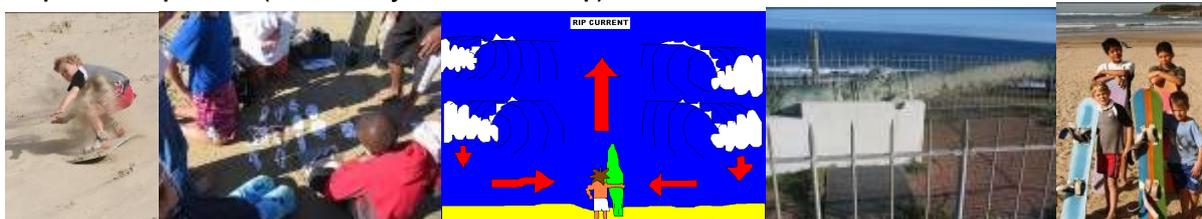
This takes the form of a rock pool study at spring low tide (we can assist in choosing the most suitable days). Learners explore rock pools in small groups and are taught about each creature they encounter, by their guide. Each group also receives a tick sheet on which to record their find. Learners will also learn what each creature eats, and build a food chain mobile using laminated colour cards. Learners are encouraged to bring their own goggles and will get an opportunity to explore the underwater world of a suitable Rock Pool under lifeguard supervision.



Grade 3: Beach activity day (Summerstrand/King's Beach/Hobie Beach)

Learners work in small groups, each with their own guide. They learn the names ecological role and medicinal value of dune vegetation, build a 3-D beach map, and hike along the boardwalk/shark rock pier, learning about the impact of man on the environment. Groups rotate with their guide between activities, enabling children to surf as an adventure activity. This takes place in shallow water and in small groups. Qualified lifeguards and surf instructors give the lesson and soft beginner surf boards are used. Learners also participate in a lifesaving game (flags), and learn about various lifesaving equipment, rescue techniques and what to do in an emergency.

Grade 4: Option 1- Ship wrecks (Sardinia Bay/Skoenmakers kop)/ Noordhoek Ski boat Club



Learners will also be involved in practical tasks such as:

- Building food chains with laminated colour picture cards.
- A hike from Skoenmakerskop to Sardinia Bay.
- The Sacramento sank here and a bronze Bocarro Cannon marks this famous ship wreck site.
- Map work in the form of a treasure hunt.
- Building 3-D models of rip currents in the sand.
- Sand Boarding

Grade 5- Sardine Run/Strandlopers (Virgin Bay)

The Sardine Run occurs during the winter months and is known as the largest and most spectacular moving food chain on Earth as diving birds, huge pods of dolphins and whales and even sharks can often be seen from the shore. Learners will be involved in tasks such as:



- Building a sardine run food chain with laminated colour picture cards + The "Sardine Run Fear Factor" game
- This is a guided visit to one of the most beautiful stretches of coastline in the area, focusing on the historical aspects involving the strandlopers (fish traps, middens and medicinal and useful plants).
- Learners discover how strandlopers left fossil footprints in various locations by making plaster casts of their own feet.
- Spectacular whale and dolphin sightings are frequent from the many great lookout points

Grade 6 Option 1: Estuary (Swartkops River/Bluewater Bay)

Our Grade 6 outing is a practical plant study which takes place at the Swartkops Estuary. There is also a chance for each group to canoe as a water activity (all under lifeguard supervision and with lifejackets worn by participants). The outing will focus on the delicate estuary ecosystem, importance of wetlands and man's impact, certain useful and medicinal plants, raft building and construction of an estuary food chain mobile. Learners will also have an opportunity to try catch and release fish and encounter various bait organisms and bird life.



Grade 6 Option 2: Leadership Day (Humewood Beach)

The Grade 6's are the future leaders of the school. For this reason they need to focus on the necessary skills of an effective leader. What better way than a beach based teambuilding outing with Get Real?

- These outings consist of a series of team challenges requiring initiative, shared problem solving, communication and team work.
- We are able to accommodate the whole grade and teachers are free to observe and identify leaders in a different context.
- Whether your school uses a prefect, councillor or rotational leader system, this outing is for you.
- Learners work in teams, which rotate in pairs around a team challenge course set up on the beach.
- Each challenge is timed, and the day ends with a plenary/prize giving where we will announce the winners of each individual challenge and the overall winners.
- Our guides can also assist in noting individuals who display good leadership skills.



Grade 7 Option 1: Rock Pool Study and animal classification (Wildside)

This is a far more in depth study of Rock Pools than that done by Grade 2's and focuses on classification of marine species (i.e. Vertebrates, invertebrates, etc.), symbiotic relationships, food chain puzzles, legislation, bag limits and conservation efforts, as well as sustainable use of coastal resources. The adventure activity would be snorkelling. This outing will also include map work in the form of a team orienteering challenge, including compass skills and bearings.



Grade 7 Option 2: Beach Fun Day (Humewood Beach/ Happy Valley)

Often the grade 7's would like an "end of year beach fun day" as a send off for their most senior students. This can include group surf lessons, volleyball, beach soccer, sea kayaking, orienteering, snorkelling and sand boarding, and abseiling depending on the venue. We also add a what to expect or How do you equip yourself workshop for High School.

We are currently completing the following Topical Focus areas. Let us know if you are interested in any of them or have of your own:
Indigenous and Alien trees, planting & importance, Elandsriver River nursery, with an optional spectacular kloofing and tubing experience.
Water testing and Fauna and Flora identification in Settlers Park or St Georges
Beach based activities, marine and coastal education at both our Partner resorts, the Willows and Van Stadens
Bee Farming and Honey harvesting
Strawberry picking, Hydroponics and Aquaculture (Glendore)
Game reserve, Field ranger training, tracking and Eco warriors- Kraggakamma or Hopewell Estates
Emergency Services Blitz – Experience the life and experience of the people who look after our us

BOOKING PROCEDURE:

1. Contact us: **Nick Kingsley** @ e: info@get-real.co.za or c:082 9700668
2. We will issue an invoice.
3. The cost of these outings is R60 per learner. Where they take place in resorts, we are charged a day permit fee of R20-R30pp, which will often include a particularly safe and exclusive area, bottled water and access to showers, bathrooms, tuckshops and undercover meeting venues for adverse weather conditions.

We require a 50% deposit in order to secure your booking and the balance to be settled 5 days prior to an event.

4. Once your booking is confirmed, we will send you:
 - Parents Letter and Permission form/Indemnity for parents to sign(English and Afrikaans versions)
 - Equipment checklists
 - All details regarding the outing and curriculum links (RNCS)
 - Master Copy of worksheets for Module for printing (from Grade 4)

STAFF TEAM BUILDING OUTING

We also offer our beach and land based corporate team building to school staff at a discounted rate at various venues around the city or can come and offer the workshops at your school too @R100pp

These are aimed at Increasing Motivation, Re-igniting Passion, Improving Communication, Delivering as a Team, Pursuing Excellence, Creative problem Solving, Relationship building, Teamwork, Mindful Management and InterCultural education



Please contact us with any queries, concerns or suggestions or for a written quote.

Yours in education & adventure

Nick Kingsley & the Get Real Team

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Schools currently using our services: St Georges, Pearson, Westering, Framesby, Harvest, Nasruddin, Parsons hill, Woodridge, Collegiate, Clarendon, Mount Pleasant, Gamblestreet, Sundridge, Summerwood, Newton Tech, Linkside, PE Montessori. Uitenhage High, Victory Christian School, St Augustines, St Josephs, VP Grey, Stulting and John Tallant Primary