

Year 6 School Journey

Manor Adventure – Norfolk Lakes
Lyng in Norfolk

29th September – 3rd October
October 2025



Why?

- To deliver the '*Outdoor and Adventurous Activities*' element of the National Curriculum for P.E.
- To support the children's independence, resilience and teamwork skills



Where?

Norfolk Lakes - Lyng









NORFOLK LAKES

New Challenging Experiences

WATCH THE FILM 

When?

The beginning of Year 6

- Good bonding experience at the start of Y6
- Helps the children mature before secondary school
- Last memory/experience of primary school
- More affordable price than in the summer term



When?

**Monday 29th September – Friday 4th
October 2025**

- Leave at 10.45am on the Monday
- Return between 4.00pm and 5pm on the Friday



How much?

Norfolk Lakes Fee (for tuition, supervision, accommodation and food)	£421
Transport from school to Norfolk Lakes (fixed amount divided by no. of children attending)	? This year £49
Discount for families eligible for Free School Meals (subsidised by Friern Barnet Educational Trust)	50%



What do the children do?

- A wide range of outdoor and adventurous activities, covering a range of physical and social skills
- All activities are on site
- All children are encouraged to have a go, but no-one is forced to do something they really don't want to



Climbing & Abseiling



Low Ropes



Obstacle Course



Fencing



Team Games



Stand Up Paddle Boarding



Giant Stand Up Paddle Boarding



Giant Canoeing



Canoeing



Kayaking



Raft Building



Safety in the water



Blind Trail



Survival Skills



Archery



Axe Throwing



Volleyball



Norfolk Lakes



DAY	SES			
		4	5	6
MON	3	HOLLY PARK		
	4	SUP	SUP	FENCE
	5	CAVE	FENCE	CLIMB
TUE	1	BT	BT	SUP
	2	MO	MO	MO
	3	AXE	CLIMB	ARCH
	4	VB	VB	VB
	5	CLIMB	ARCH	CAVE
WED	1	CANOE	CANOE	CANOE
	2	CANOE	CANOE	CANOE
	3	SURV	SURV	BT
	4	WG	WG	WG
	5	CF	CF	CF
THU	1	LR	CAVE	SURV
	2	ARCH	LR	OC
	3	GCAN	GCAN	GCAN
	4	GSUP	GSUP	GSUP
	5	TOW	TOW	TOW
FRI	1	OC	OC	AXE
	2	FENCE	AXE	LR

Accommodation



Accommodation



Sleeping



Free Time



Eating

- 3 cooked meals every day
- Cater for vegetarians, vegans, Halal etc
- Cater for allergies and food intolerances
- There is a choice of meals every day



Norfolk Lakes - Menu 7th - 11th

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Lunch	Lunch	Lunch	Lunch	Lunch
Meat 1.		Sausage Rolls	Jackets Potatoes	Hot Dogs	Fish
Meat 2.		Chicken Nuggets	Chilli, Cheese & Beans, Tuna Mayo	Halal Hotdogs	Chicken Wings
Veggie		Veggie Sausage Rolls	Cheese Beans	Veggie Hotdogs	Veggie Basket
bs / Veg		Waffle Fries	Salad	Rolls Chips Salad Bar	Mushy Chip Salad
	Dinner	Dinner	Dinner	Dinner	Dinner
Meat 1	Beef Lasagna	Chicken & Basil Pasta	Chicken Curry	Chicken Skewers	
Meat 2	Chicken Steak	Beef Bolognese	Beef Stroganoff	Beef Casserole	
Veggie	Veggie Lasagna	Veggie Pasta	Veggie Curry	Nutless Roast	
bs / veg	Green Beans Chips	Pasta Cheese Peas	Rice Naan Bread Sweetcorn	Potato Wedges Gravy Mixed Veg	
ddings	Chocolate Brownie	Jam Donuts	Cream Eclairs	Ice cream Tubs	

What the children have said...

We had a
good time!

We
laughed!

It was a one
in a lifetime
chance!

We had SO
MANY
experiences

It was fun
It was active
We never got
bored



What the children have said...

- I thought the water activities would be scary but they didn't feel scary because so many people were doing them.
- I liked the water activities best. When you fall in, the water feels warmer.
- When I fell in the water, it felt like I was flying in the air!
- You feel safe doing the activities because of the equipment.



What the children have said...

- I felt homesick sometimes but when you do the activities, you don't think about it. I became resilient. I feel proud.
- I got to know other children really well.
- You don't feel homesick because you are with your friends.
- You are always busy but there is also space to chill.



What the children have said...

- The accommodation is clean and homely.
- The instructors are encouraging, nice, funny, fun and engaging.
- The food was really good – I'm a picky eater but it was really good.



What Next?

- A deposit of £50 (non-refundable) to be paid to “Holly Park School” by Monday 25th November to book a place
- No late applications will be taken after this date, unless a new child joins the class
- We will then confirm the price once we know exact numbers.
- You can pay the full amount or in installments



Confirmation

Manor Adventure have a strict refund policy
**If your child does not attend, you are still liable
to pay 75% of the cost to Manor Adventure
13 days or less you need to pay 100%**

Payments



Online Payments



Preparing the children



Important

- Payments are made on time
- Forms are returned on time especially medical forms with child's NHS number
- We have your contact details and emergency contact details



Packing

We will send a list of what to pack – please follow this list strictly!!



Communicating

- Please write to your child while they are away!!
- Please provide your child with paper and a stamped address envelope so that they can write to you



Texts



HOLLY PARK
PRIMARY SCHOOL



Questions

