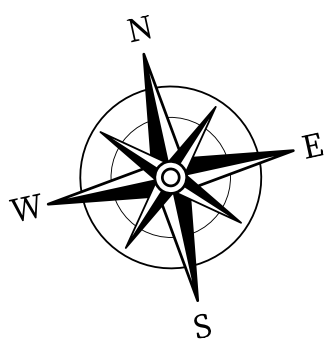


# Third Form

## Adventure



MILTON  
ABBEY  
SCHOOL



01.10.2025

### INITIAL CONFIDENCE ACTIVITIES WEEK TWO

Trip to Portland for coasteering and kayaking, focussing on confidence, teamwork and resilience

17.09.2025

### INITIAL CONFIDENCE ACTIVITIES WEEK ONE

Trip to Portland for coasteering and kayaking, focussing on confidence, teamwork and resilience

10.09.2025

### INTRODUCTION TO ADVENTURE

Assess water skills at on-site swimming pool, in preparation for coasteering



08.10.2025

### MAP READING SKILLS

Introduction to Duke of Edinburgh and topography, and learning a course on a compass

15.10.2025

### ORIENTEERING TRIP

Trip to Delcombe Valley to re-enforce orienteering skills previously learned

5.11.2025

### WORKING AT HEIGHT

Trip to Canford School to develop confidence at height



03.12.2025

### PLAN A WALKING ROUTE

Plan a safe walking route

19.11.2025

### NAVIGATION WALK

Develop navigation skills and resilience in the countryside on a walk back to school

12.11.2025

### FIELD GUN COMPETITION

Develop leadership and confidence working in a team on school grounds



10.12.2025

### LIFE SAVING SKILLS

Learn life saving skills in and around the water, at our on-site swimming pool

07.01.2026

### COMPASS SKILLS

Learn how to use a compass and micro navigate through the Milton Abbas woods in teams

14.01.2026

### PLAN WALKING ROUTES

Plan two routes for walks over the following weeks with tent practise



04.02.2026

### CLIMBING ACTIVITY

Trip to Bridport to develop resilience with climbing activities

28.01.2026

### COOKING AND NUTRITION

Learn how to use a hexie cooker for meals when camping

21.01.2026

### WALK A PLANNED ROUTE

Walk one of the planned routes in the countryside using route cards



11.02.2026

### SHELTER BUILDING

Learn a new skill and properly build a tent and shelter on the school grounds and woods

25.02.2026

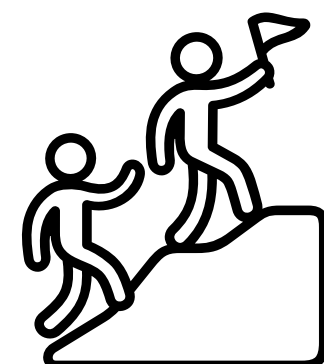
### WALK A PLANNED ROUTE

Walk the remaining route independently in teams of four

04.03.2026

### TRIP TO GO APE

Trip out to Go Ape in Moors Valley to develop confidence at height and resilience training



# Third Form

## Adventure



MILTON  
ABBEY  
SCHOOL



25.03.2026

### EASTER EGG HUNT

Using compass skills, follow a trail leading to Easter eggs

18.03.2026

### SURVIVAL SKILLS

Learn a new skill - air rifle shooting - and survival skills

11.03.2026

### LEADERSHIP TASKS

Develop leadership in a rotation of command tasks on school grounds



22.04.2026

### COOKING AND NUTRITION

Learn how to cook a meal in a single pan for an overnight expedition

29.04.2026

### PLANNING AN EXPEDITION

Plan for an expedition, learning about the correct food and clothing items to take

06.05.2026

### OVERNIGHT EXPEDITION

Mini expedition between Milton Abbey School and Ansty



03.06.2026

### LIFE SAVING SKILLS

Learn life saving skills in and around the water, at our on-site swimming pool

20.05.2026

### DUKE OF EDINBURGH PLANNING

Develop skills needed to complete Duke of Edinburgh training

13.05.2026

### SAILING ADVENTURE

Learn how to sail down at Portland harbour



10.06.2026

### PLAN A WALKING ROUTE

Plan a safe walking route and meal for the expedition

17.06.2026

### PRACTISE SETTING UP FOR CAMP

Plan how to properly set up for overnight camping

23.06.2026

### PURCHASE PROVISIONS

Trip to local supermarket to purchase provisions



01.07.2026

### DUKE OF EDINBURGH EXPEDITION

Bronze Duke of Edinburgh expedition is completed

29.06.2026

### DUKE OF EDINBURGH EXPEDITION

Bronze Duke of Edinburgh expedition commences



Our adventure programme runs alongside our Capability course, designed to foster both leadership roles as well as team-building skills. We offer activities both off and on-site, encouraging students to take on challenges in a safe and supportive environment.

**To find out more about Third Form at Milton Abbey School, please contact our Admissions Team.**