

# PGL – Osmington Bay



20<sup>th</sup> – 24<sup>th</sup> October 2025

# PGL multi-activity experience

PGL is the UK's leading outdoor education provider, delivering inspirational learning through adventure.

A multi-activity course is a structured and supervised learning programme. PGL's fully trained instructors have proven success in nurturing and supporting even the most apprehensive child.

We use PGL multi-activity courses to establish team building and to increase feelings of confidence, determination and self-esteem.

# Osmington Bay



Osmington Bay is located along the south coast and it is near the town of Weymouth. Travel time by coach from Southampton is approximately 90 minutes.

Osmington Bay is set in 45 acres of grounds with access to a beautiful pebble beach and cliff top views. One of the first things you'll notice is the huge high ropes course with its zip wire and the stunning views of Weymouth and Portland. This is one of PGL's biggest centres with superb facilities, great watersports and a superb range of activities.



# Osmington Bay – site plan and interactive map

<https://www.pgl.co.uk/Files/Templates/Designs/PGLCore/res/swf/virtual-tour/vtour-osmington/tour.html>



# ACCOMMODATION



Chalets sleep 4 children.

Rooms are checked daily by Berrywood staff.

Each individual chalet can be locked for security and a quick release mechanism is fitted in case children are required to evacuate their rooms. A master set of keys is kept by members of Berrywood staff.

PGL & Berrywood staff patrol at night.

# *Personal hygiene*

Every chalet has its own ensuite facilities which comprises of a shower, toilet and basin.

The more clothing they can pack, the warmer they will be each day, especially if they get wet or cold.

Children are encouraged to shower daily due to the high energy activities they will be participating in.

# MEALS

In partnership with schools and parents, PGL are working to help children adopt a healthy diet alongside a healthy and active lifestyle. Their aim is to provide a range of dishes that are fresh, tasty and nutritious.



Children are provided with 3 freshly prepared meals per day. For every meal there is always a vegetarian option and PGL cater for specific dietary needs if required.

# ***MEALS***

From the PGL website:

- The meals we provide at our centres offer a wide range of tasty and nutritious dishes which are attractive to children's palates. To assist young people in selecting a balanced meal we serve generous portions of fruit, vegetables and salad with plenty of carbohydrate for energy.
- There is also a mix of freshly-prepared hot or cold meals at various mealtimes throughout the week, as well and a self-service salad bar for children to help themselves to as much salad as they like at lunch and dinner. There is always plenty of bread and fresh fruit available, as well as hot and cold drinks.



# ACTIVITIES



Mornings and afternoons are each split into two sessions so that children can experience up to four different outdoor activities each day.

PGL's ethos is built on 'Challenge by Choice' - children are never pushed beyond their comfort zone.





# ACTIVITIES



## *Day Activity examples*

**Abseiling**

**Aeroball**

**Dragon Boating**

**Jacob's Ladder**

**Rifle Shooting**

**Fencing**

**Challenge Course**



**Trapeze**

**Climbing**

**Zip Wire**

**Abseiling**

**Sensory Trail**

**Giant Swing**

**Archery**



# ACTIVITIES

*Evening Activities, for example:*

**PGL Sport Tournament**

**Campfire**

**Balloon Splash**

**Passport to the World**



# TIMETABLE – Typical Day

<b>07:00</b>	<b>Children woken up</b>	<b>14:45</b>	<b>Changeover time</b>
<b>07:30</b>	<b>Breakfast</b>	<b>16:00</b>	<b>4<sup>th</sup> activity</b>
<b>09:00</b>	<b>1<sup>st</sup> activity</b>	<b>17:15</b>	<b>Changeover time</b>
<b>10:30</b>	<b>Changeover time</b>	<b>17:30</b>	<b>Dinner</b>
<b>10:40</b>	<b>2<sup>nd</sup> activity</b>	<b>18:30</b>	<b>Supervised free-time</b>
<b>12:30</b>	<b>Lunch</b>	<b>19:00</b>	<b>Night activity</b>
<b>14:15</b>	<b>3<sup>rd</sup> activity</b>	<b>21:00</b>	<b>Lights out</b>

# Travel arrangements

- Children should be dropped off at school at normal time on Monday 20<sup>th</sup> October in non-school uniform
- They should make their way to the **art room** where they will check their bags in with their class teacher
- All bags/cases should be placed behind their class table and clearly named
- Children should bring bags/suitcases that they are able to carry themselves
- £6.00 pocket money (preferably in 2 lots of £3) handed to your child's class teacher in a **named** wallet, purse or envelope (if they are bringing any).
- Medicine should be signed in by an adult. The area for this will be outside the Year 6 classrooms.
- Children should bring a disposable packed lunch to eat on Monday or have a school meal
- Children will travel on two coaches to the site
- No aerosols for health and safety reasons
- No mobile phones- we will ask parents to sign to confirm they have children's mobile phones

# Travel arrangements

- Please do not return to school to wave the children off- this will only heighten any worries
- Travel sickness tablets should be labelled and given with the medicine check in. Please ensure that your child has tablets supplied for the return journey also.
- Medicine will be given by your child's group leader. The children will sign to say they have received their medicine each time it is given.
- On our return we will leave PGL after lunch between 1:30pm and 2:00pm and aim to be back by 3:30-4:00pm, however this will be dependant upon traffic.
- Updates for the estimated time of arrival back at Berrywood will be given regularly through **the Berrywood Social Media Accounts**

# Photographs

- You will have ticked the option on the PGL form either giving permission for photos during PGL or not
- We will do our best to upload as many photos as possible but please be patient with this as being with the children is our priority



# Preparing for PGL



- Children will be placed into chalet groups. They have been given an opportunity to say which friends they would like to be with and we will make every effort to ensure that they have at least one friend of their choice.
- Children are in mixed activity groups of up to 12 with 1 or 2 adults in charge
- The Year 6 children will also be given their own PGL presentation and opportunities to ask questions.
- In discussions about PGL, always talk about the positives with the children and all of the fantastic experiences and opportunities they will encounter

# Supporting adults

- Children will be accompanied by Mr Rolfe, Miss Wareham, Miss Krauspe, Mr Reilly, Mrs Adams, Mr Davies, Mr Hawkins, Miss Everett, Mrs Walker, Miss Spencer, Mrs Harfield, Mrs Symonds and Mrs Reeves
- Teacher rooms are located amongst children's rooms

Any questions?