

Educational Packages

 Mount Cook
ADVENTURE CENTRE

A group of children are on a field trip outdoors. In the foreground, a young girl with dark hair in pigtails, wearing a red hoodie and a blue backpack, is looking down at a small object in her hands. To her left, a boy in a blue hoodie is also looking down. Further left, a girl in a green shirt is partially visible. In the background, another girl in a red shirt is looking down. The background consists of dark, rocky terrain.

Bringing History to Life!

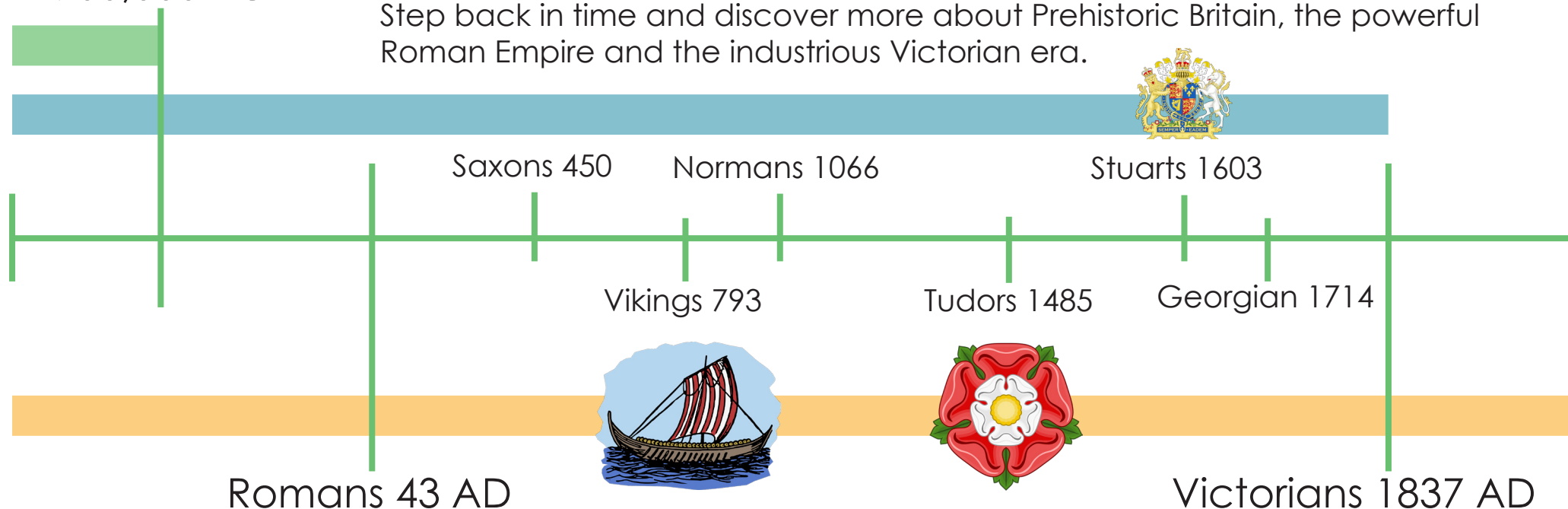
Bringing History Topics to Life!



Prehistoric Britain
700,000 BC

We make history fun, engaging and informative with our new educational packages. Using interactive and hands-on outdoor activities, costumes, reconstructed artefacts and local historic features, we provide a unique educational experience which will inspire both pupils and teachers!

Step back in time and discover more about Prehistoric Britain, the powerful Roman Empire and the industrious Victorian era.



Romans 43 AD

Contents

Prehistoric Britain

pg. 1

Roman Invader

pg. 2

Industrial Revolution

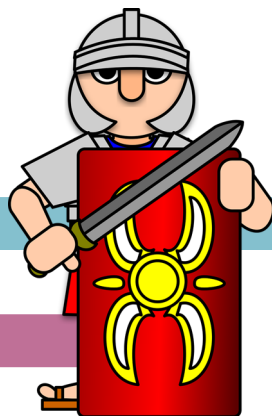
pg. 3

Make a booking

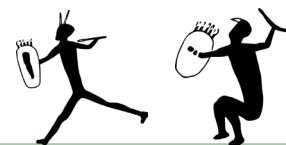
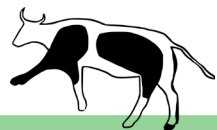
pg. 4

Case Study

pg. 5



Prehistoric Britain



700,000 BC

The story of Prehistoric Britain began when the first humans settled in Britain, and ended when the Romans conquered the ancient Britons in 43 AD. We can divide the prehistoric period into 3 'ages', known as the Stone Age, the Bronze Age and the Iron Age.



Summary...

Experience life as a Prehistoric Tribesman and learn how to make a fire using traditional methods. Protect yourself from the elements and build a waterproof shelter using natural materials. Have a go at cave-painting and learn how a tribesman hunted for food using a bow and arrow! Finally, help to build a Celtic roundhouse and learn how prehistoric people manufactured tools and weapons.



Knowledge Bomb!



Early Stone Age ancestors travelled from place to place hunting animals and foraging for food. As we move into the Bronze Age, humans started to settle into small communities and make tools using flint, antler and bone. They also learnt how to work with copper, tin, gold and bronze. Around 800 BC, people discovered how to create iron and used it to make tools and weapons. During the Iron Age, farming flourished and the population grew dramatically!



Activities include...

- Fire-making skills
- Shelter construction
- Cave painting
- Archery
- Celtic roundhouse building

Price: **£18 pp + VAT**

Optional extras...

Packed lunch: **£5 pp + VAT**

Full board accommodation: **£44 pp + VAT**

Roman Invader



43 AD

The story of Roman Britain started in 43 AD when the Roman army landed on the beaches of Kent. However, Britain wasn't conquered overnight! It took around 30 years of fighting for the Romans to control most of southern Britain.



Summary...

Experience life in Roman times and meet a real life Roman soldier! Dress up in Roman armour and invade our Celtic Roundhouse. Shoot a Roman style bow and arrow, and learn more about Roman roads by building a cart to transport heavy items. Finally, discover and handle artefacts from the period with an archaeological dig.



“But what have the Romans ever done for us?”

Roman roads - The Romans built over 10,000 miles of new roads!

Religion - By 391, Christianity became the official Roman religion.

Language and numbers - The Romans wrote down their history, literature and laws in their language, which was called Latin. Roman numerals and Latin phrases are still evident in society today.

Activities include...

- Dress up as a Roman soldier
- Invade a celtic roundhouse
- Archery
- Land kart building
- Archaeological dig

Price: **£18 pp + VAT**

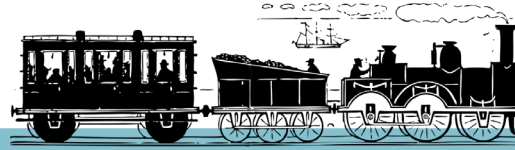
Optional extras...

Packed lunch: **£5 pp + VAT**

Full board accommodation: **£44 pp + VAT**



Industrial Revolution



1837 AD

Queen Victoria ruled over Britain from 1837 - 1901. During her 64 year long reign, Britain became one of the most powerful and richest countries in the world, thanks in part to the Industrial Revolution. It was a time of dramatic social change!



Summary

Immerse yourself in the enthralling world of Victorian Britain. Take a guided tour around the fascinating local area with one of our knowledgeable guides. See one of the oldest working Beam Engines in the world, and travel along Cromford canal in a genuine Victorian barge. Visit Arkwright's Mill and take a train ride on an old industrial railway line.



FACT:

← Sir Richard Arkwright's Mill, in Cromford, was built in 1771 and was the world's first successful water powered cotton spinning mill.

Arkwright started with 200 mill workers, most of which were women and children. The youngest child was just 7 years old!

Arkwright's Mill is now a recognised as a World UNESCO Heritage Site, and one of the birthplaces of the Industrial Revolution.



Activities include...

- Guided walk
- Visit to working Beam Engine
- Canal boat ride
- Visit to Arkwright's Mill
- Train ride

Price: **£18 pp + VAT**

Optional extras...

Packed lunch: **£5 pp + VAT**

Full board accommodation: **£44 pp + VAT**

Making a booking!

Information about our packages:

- Each package can be booked as an introduction, to support existing classroom teaching or to conclude a topic.
- Activity sessions are differentiated to accommodate all abilities and levels of topic knowledge.
- Packages can be delivered as a day visit or as a residential trip.
- We welcome group sizes of 8 - 140 pupils.
- Free leader places are provided at a ratio of 1:10 pupils.

Information about our Centre:

- Accommodation is provided for up to 140 guests in en-suite bedrooms and Glamping Pods.
- Food and refreshments are served in our glass fronted Main Dining Hall.
- 24 hour First Aider onsite throughout your stay.

Our Roman Invader package featured in **School Travel Organiser Magazine** →

Booking process:

Provisional booking can be held for 2 weeks

10% holding deposit due 1 month from booking confirmation

20% deposit total booking value is due 6 months prior to arrival

Final balance due 2 months prior to arrival

Enhance their experience with an overnight residential for just £44 pp + VAT!





Experiencing Roman life

Pupils from Middleton Community Primary School, in Derbyshire, were transported 2,000 years into the past with an immersive Roman residential experience at the Mount Cook Adventure Centre. The children, aged 6 to 8 years, tried their hand at a range of outdoor activities which directly linked with the History topic in an exciting and engaging way.

Upon arrival at Mount Cook, the children were greeted by a Roman

Centurion dressed in authentic legionary attire. In an interactive 'Dress the Roman Soldier' session, the pupils learnt about every aspect of the traditional Roman clothing, from the Galea (Roman helmet) to the Lorica Segmenta (armour).

Pupil comment

Toby, a pupil at Middleton Primary: "Thank you for letting us put on the Roman helmet, it was really heavy!"



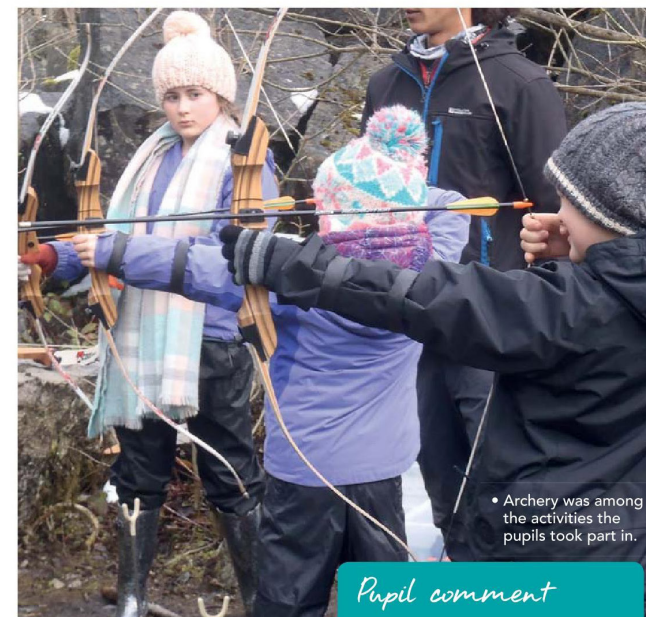
The Roman Centurion then led pupils and teachers outside, equipped with trowels and brushes for an archaeological dig activity session. Hidden in the centre's grounds were 'Roman' coins, pottery and bones, which the children could dig out and examine. The group discussed the kind of Roman remains which still survive today, including forts, bath houses and roads.

In an archery session, the children learnt how to shoot a composite laminate recurve bow, which is very similar

to the weapon used by the Romans. Traditionally the bow would have been made using horn, wood and sine laminated together. By the end of the session, each child had successfully hit the archery target from up to 10 metres away.

After lunch, the pupils headed into the forest to learn shelter building and fire making techniques. For an ancient Roman, fire was an important source of heat, a tool for cooking food and a means for survival. The children had a go at building a fire using a traditional bow drill, a technique which dates to prehistoric times. The pupils then collected natural materials, such as leaves and sticks, to create a waterproof shelter.

The final task for the children was to build a land kart, which could be used to transport goods such as olive oil and wine to markets. Working as a team, the children designed and created a kart using a set of wheels, axis and rope. The kart was then tested around a course, whilst balancing a bucket of water.



Pupil comment

Middleton Primary pupil, Millie, said: "Thank you so much for taking very good care of me. Thank you for all the yummy food and for teaching me lots about Romans. Thank you for teaching me how to do things that I probably didn't think I could."

For dinner, the children enjoyed a Roman feast fit for an Emperor, including Julius Caesar's beef cobbler served with roast vegetables. Dessert included Roman Honey Cakes (a traditional recipe) accompanied by Peasant's Fruit Platter!

After a full day of outdoor activities and a hearty evening meal, everyone was soon feeling tired and ready for bed (including the teachers!) The pupils stayed in Mount Cook's ensuite bedrooms, all of which sleep up to four people in bunk bed accommodation.

The children started the next day with a cooked breakfast and fresh fruit juice, before packing their bags and heading back to school. •

Useful Contact:
01629 823 702
www.mountcook.org

Back in the classroom

Headteacher Alison Dugdale said: "The Invaders trip to Mount Cook was marvellous. The activities were perfect for bringing the Roman history curriculum to life. Each activity had a Roman context and back story and the leaders all had pertinent facts

to add detail and knowledge to the children's experiences.

The children came away from our visit buzzing about Romans and Roman life – an experience they will long remember."



Mount Cook

ADVENTURE CENTRE

*"The children came away from our visit buzzing about Romans and Roman life
- an experience they will long remember."*

- Alison Dugdale, Headteacher at Middleton Community Primary

Get in touch...

To book an engaging history experience for your class, contact us on:

01629 823 702

Explore@mountcook.uk