



Vaucluse House – Stage 1 education program
How Does Your Garden Grow?
Information for teachers

Dear Teachers

Thank you for bringing your students to Vaucluse House for the above program. These notes are to help you plan and prepare. Please bring this document with you on the day.

As per the schedule below:

- The program lasts 2 hours 50 minutes.
- Students are taken through the program in groups of ≤ 15 .
- After a 10-minute introduction to all students, our curriculum program deliverers (CPDs) will lead half the students through the program, while teachers supervise the remaining students outside (playing games, walking to the waterfall and having lunch).

All students (≤ 60) – shared Welcome & Introduction (10 minutes)

**CPDs lead students through program
(80 mins)**

**Teachers supervise remaining students (≤ 30)
(80 mins)**

<p>Group 1 (≤ 15 students plus accompanying adult/s)</p>	<p>Group 2 (≤ 15 students plus accompanying adult/s)</p>
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am	am
Games (30 mins)	Lunch (30 mins)
Walk to Waterfall (20 mins)	Games (30 mins)
Lunch & toilet break (30 mins) → student groups ready for CPDs*	Walk to Waterfall (20 mins)

*The groups swap over midway through the program. Please ensure that the students who will be doing the program in the afternoon are ready to go at the time and place specified by the CPDs, so they do not miss out on the full program. NB there are no toilets inside the house.

Could you please:

- Allow time for unexpected traffic/transport conditions.
- Research the most efficient route for your bus driver to take, and discuss it with your driver before you set out. Surprisingly often, school groups are late because their bus driver gets lost or takes the long way round.
- Arrive 30 mins before the scheduled start time, so your students can have a morning tea break, use the toilets, store their bags and be sitting down in their groups in the Stables ready for the introduction.
- Note that our carpark is not designed for large coaches. Please ask your driver to drop you near the pedestrian gate on Wentworth Rd (where they can park above/below the bus stop).
- Advise our staff of any students with special needs or behavioural issues.
- Be aware that a wood fire will be burning in the Kitchen – any students with respiratory problems may need to sit near the door/window.
- Organise your students into groups of ≤ 15 before the program starts.
- Ensure each student is wearing a name tag (with large print).
- Ensure students bring sun protection and wear their hats throughout the program.
- Ensure children have appropriate clothing – raincoats for wet weather, jumpers for cool weather.
- Note that there are no shops on site – all students need to bring a packed lunch.
- Note that toilets are located behind the Stables (3 only), and in the Car Park (4 male, 4 female). There are no toilets inside the house.

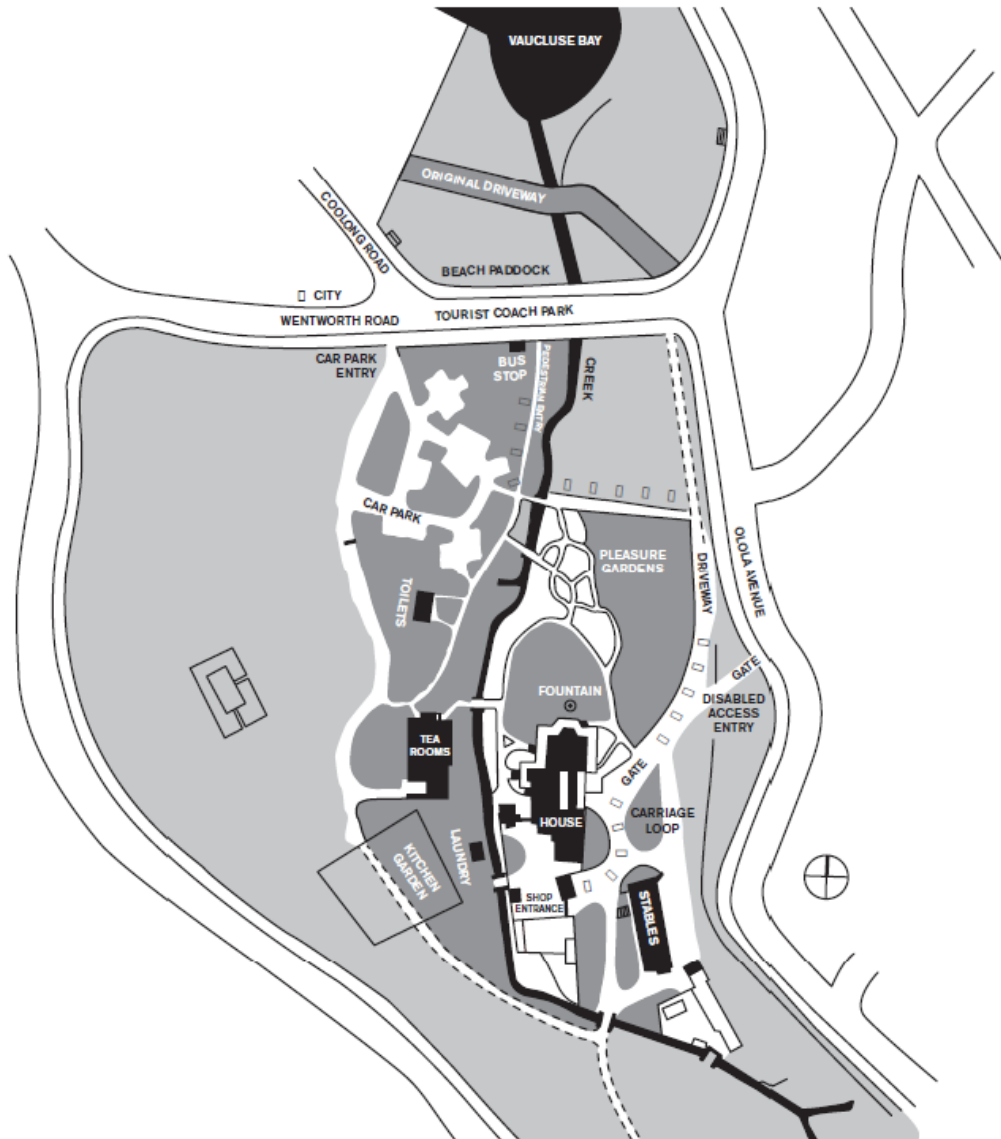
Please see the following pages for:

- A map of the Vacluse House estate.
- Information and instructions re the 19thC games that the students will play (copies of the instructions will also be set out with the games).

Thank you.



Vaucluse House estate



Games

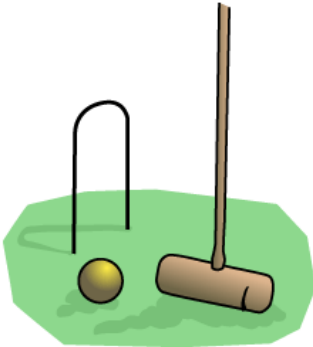
Being healthy is not just about what you eat – it's also about being active!

The food you eat each day gives your body lots of energy for moving around. To be healthy, you need to use up that energy by moving around as much as you can every day – playing games, doing jobs, playing sport, having fun, getting from place to place...

Moving around also helps your body build strong bones and strong muscles, and helps keep you fit and co-ordinated.

When the Wentworth children lived at Vacluse House their parents encouraged them to swim in the Harbour – a shark net was built across the bay so they could swim safely. The Wentworth children also loved going on nature walks. They played lots of games outside.

Today, we have set up some of the types of games that the Wentworth children would have played for you to try. Have fun!



Croquet

One team per each line of arches.

Aim: Use your mallet to knock the ball under each arch in turn, and then hit the finish pole.

How to play:

1. Players take turns hitting the ball once with the mallet.
2. The ball must travel under every arch. If you pass an arch without going through, you must go back!
3. The team whose ball hits the finish pole first is the winner.

Safety point:

Do NOT use the mallet like a golf club.

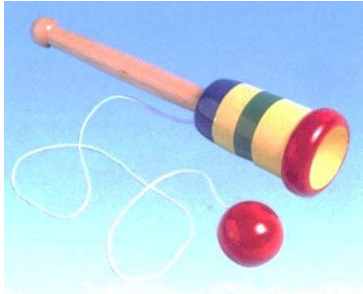
How to use the mallet correctly:

1. Stand behind the ball, with your feet apart at shoulder width.
2. Hold the stick with both hands so it hangs between your feet.
3. Swing the mallet forwards and hit the ball.



Tidy/reset the game before you move on:

- If an arch or the finish pole gets knocked over, ask a grown-up to help you put it back.
- Leave mallets and balls at the starting point.



Cup and ball

One cup and ball per player.

Aim: Catch the ball in the cup – only using one hand!

Safety points:

1. Hold the cup and ball away from your face.
2. Stand well away from other people.

How to play:

1. Use your writing hand to hold the cup by the handle.
2. Put your other hand behind your back.
3. Move the cup so the ball swings upwards.
4. Try and catch the ball in the cup as it falls. Very tricky!

To play as a group:

1. Stand in a circle, spaced well apart.
2. When everyone is ready, count 1 – 2 – 3 – Go!
3. The first person to catch their ball in the cup is the winner.

Tidy/reset the game before you move on:

- Wind the strings around the handles.
- Leave the cups and balls in a line.
- Please do not leave them on a wet surface, or where they might be stepped on.



Skittles

One team per each set of skittles.

Aim: Knock over all your skittles by rolling the ball.

Safety point:

Do NOT throw the ball – roll it.

How to play:

1. Agree where the starting line should be.
2. Each team lines up level with their set of skittles, behind the starting line.
3. Players take turns rolling the ball at the skittles once and then bringing the ball back and handing it to the next player in their team.
4. The team that knocks over all its skittles first is the winner.

Tidy/reset the game before you move on:

- Stand the skittles back up on the base (arranged in a V).
- Leave the ball at the starting line.



Skipping

Aim: Get fit and have fun.

For thousands of years grown-ups have been making and using ropes – eg for lifting, pulling, tying up, climbing, fishing. And for thousands of years children have been using them for skipping!

Skipping ropes today are often made of plastic.

Q: Why did the children who lived here 160 years ago not have plastic skipping ropes – or any toys made of plastic?

A: Because modern plastic had not been invented.

Q: What are these ropes made of?

A: Rope, with wooden handles (natural materials).

Tidy/reset the game before you move on:

- Untangle the ropes, and lay them out straight with the handles together .



Hoop games

One hoop per player.

Hoop rolling:

- **Aim: Keep the hoop rolling as far as you can.**
- **The boy in the picture is running beside his hoop and using a stick to keep it rolling along. You will need to use your hand.**
- **Before you start, ask your teacher where you can roll your hoop (eg along the path).**



Hula hooping:

Aim: Keep hula-ing for as long as you can.

Tidy/reset the game before you move on:

- **Collect all the hoops and leave them together in a pile.**



Quoits

One line of players per each peg. Each player in turn tosses all the quoits.

Aim: Toss all the quoits over the peg.

The player who gets the most quoits over the peg will be the winner.

How to play:

1. Agree where the starting line is.
2. Lift all the quoits off the peg.
3. Stand behind the starting line.
4. Toss each quoit at the peg. How many of them land over the peg?
5. When you have tossed all the pegs, pick them up and hand them to the next player in line.

Too difficult, or too easy?

You might need to move the starting line a bit closer, or further away.

Tidy/reset the game before you move on:

- Leave an even number of quoits over each peg.