



6Pack Indoor Beach

Secondary School Educational Field Experience Guide

Grades 8–12

Leadership, Fitness & Team Culture but Reimagined at the Beach

Give secondary students a high-energy, structured, and meaningful experience that blends **physical activity, leadership development, teamwork, and wellness** in a unique indoor beach environment.

At **6Pack Indoor Beach**, students in **Grades 8–12** participate in competitive and cooperative beach sports, leadership-based team challenges, and wellness-focused activities designed to build confidence, resilience, and school community.

Whether you're planning a PE field day, leadership retreat, team-building experience, grad class event, or school-wide wellness initiative, this program provides an engaging, safe, and memorable experience that supports both curriculum goals and student connection.

Why This Experience Matters for Secondary Students

Adolescence is a critical stage for developing:

- Leadership identity
- Social responsibility
- Mental and physical wellness habits
- Team communication skills
- Confidence and resilience
- Healthy competition
- Positive peer relationships

Structured, active environments like 6Pack Indoor Beach allow students to channel energy into **purposeful movement, teamwork, and challenge-based learning**, supporting both academic engagement and personal development.

Educational & Developmental Benefits

Leadership Development

Students take on real leadership roles through structured group activities.

They learn to:

- Organize teams
- Make decisions under pressure
- Communicate clearly and respectfully
- Motivate peers
- Resolve conflict
- Demonstrate accountability

Leadership rotates so every student has an opportunity to lead and follow effectively.

Teamwork & Communication

Students build strong collaboration skills through:

- Competitive team sports
- Strategy-based challenges
- Group problem-solving activities
- Rotating team roles
- Cooperative training drills

These experiences translate directly into improved classroom collaboration and school culture.

Physical Fitness & Athletic Development

The sand environment creates a natural resistance training surface that improves:

- Speed and agility
- Balance and coordination
- Endurance
- Core strength
- Injury prevention awareness
- Athletic conditioning

Students remain active throughout the entire experience.

Wellness & Mental Health

Active, social, and movement-based learning supports student well-being by:

- Reducing stress
- Improving mood and focus
- Encouraging healthy lifestyle habits
- Strengthening peer connection
- Increasing engagement and motivation
- Providing screen-free active time

Students leave energized, connected, and mentally refreshed.

Critical Thinking & Strategy

Students engage in structured challenges that require:

- Game strategy
- Adaptability
- Real-time decision making
- Team coordination
- Performance analysis
- Reflection and improvement

These skills support academic and life readiness.

Sample Program Activities

Beach Volleyball League Play

Students participate in structured games including:

- 2v2 or 4v4 or 6v6 matches
- Rotating positions
- Refereed gameplay
- Scrimmaged gameplay
- Skill development drills
- Tournament-style competition

Learning Outcomes

- Team strategy
- Communication
- Athletic skill development
- Sportsmanship
- Leadership under pressure

Leadership Challenge Circuit

Teams rotate through leadership-based stations:

- Group coordination challenges
- Time-based problem solving
- Communication breakdown exercises
- Trust and support activities
- Decision-making scenarios

Learning Outcomes

- Leadership skills
- Accountability
- Collaboration
- Conflict resolution

Beach Fitness & Conditioning Circuit

High-energy movement stations include:

- Sand sprint intervals
- Agility ladder drills
- Resistance movement exercises
- Relay competitions
- Endurance challenges

Learning Outcomes

- Physical fitness
- Conditioning
- Mental toughness
- Goal setting
- Physical balance

Team Strategy Games

Students work in teams to complete:

- Tactical beach missions
- Problem-solving escape-style challenges
- Multi-step cooperative tasks
- Score-based team competitions

Learning Outcomes

- Strategic thinking
- Communication
- Leadership distribution
- Adaptability

School Spirit & Tournament Day Option

Schools can request a structured tournament format featuring:

- House teams or grade-level teams
- Bracket-style competitions
- Championship games
- Spirit awards
- Team recognition ceremonies

This is ideal for:

- Grad classes
- PE finals
- School spirit events
- Year-end celebrations

Curriculum Connections (British Columbia)

This program supports key secondary learning areas:

Physical & Health Education (PHE)

- Active living
- Movement competence
- Fitness development
- Personal health responsibility

Career Life Education (CLE)

- Leadership development
- Goal setting
- Collaboration
- Self-awareness
- Decision-making

Applied Design, Skills & Technologies (ADST)

- Strategy development
- Planning and execution
- Problem solving
- Evaluation and reflection

Social Studies & Personal Development

- Group dynamics
- Leadership roles
- Community building
- Respect and responsibility

BC Core Competencies

Students strengthen:

- **Communication** – teamwork, instruction sharing, leadership dialogue
- **Thinking** – strategy, planning, problem solving
- **Personal & Social Responsibility** – leadership, empathy, accountability

Safe, Controlled & School-Friendly Environment

Teachers and administrators benefit from a secure and structured facility:

- ✓ Indoor climate-controlled environment
- ✓ No weather cancellations
- ✓ No UV exposure or heat risk
- ✓ Clear supervision sightlines
- ✓ Controlled group movement
- ✓ Safe enclosed facility
- ✓ Flexible scheduling options
- ✓ Large group capacity

Facility Features

Students and staff have access to:

- ✓ Spacious free parking
- ✓ School bus parking
- ✓ Male and female washrooms
- ✓ Male and female change rooms
- ✓ Foot wash stations
- ✓ Designated group areas
- ✓ Storage and staging zones

Why Teachers Choose 6Pack Indoor Beach

Educators value:

- ✓ Strong curriculum alignment
- ✓ High student engagement
- ✓ Leadership development opportunities
- ✓ Safe and controlled environment
- ✓ Easy supervision and organization
- ✓ Flexible program formats (PE, leadership, grad events)
- ✓ Memorable shared student experiences

Why Students Love It

Students enjoy:

- ✓ Competitive beach sports
- ✓ Team challenges and tournaments
- ✓ Active, high-energy environment

- ✓ Social connection with peers
- ✓ Leadership opportunities
- ✓ Break from traditional classroom structure
- ✓ Fun, memorable experiences with friends

Teacher Planning Checklist

Before Your Visit

- ☐ Book preferred date
- ☐ Confirm transportation
- ☐ Distribute permission forms
- ☐ Organize team/group divisions
- ☐ Confirm attendance numbers
- ☐ Review medical considerations
- ☐ Arrange supervision support if required
- ☐ Decide on food arrangements (lunch or Court 6 Café options)

(Café enquiries at court6cafeordering@gmail.com)

What Students Should Bring

- Athletic clothing
- Water bottle
- Towel
- Change of clothes (recommended)
- Lunch/snacks (if applicable)
- Positive team attitude

Day-of Experience Flow

- Arrival & orientation
- Team formation
- Skill drills / activity rotations
- Competitive games / challenges
- Lunch or break period
- Tournament or free play
- Group reflection and wrap-up
- Clean-up and departure

More Than a Field Trip

This is not just a day out of school.

It is an opportunity for students to:

- Lead
- Compete
- Collaborate
- Reflect
- Build confidence
- Strengthen friendships
- Develop lifelong habits of health and teamwork

At **6Pack Indoor Beach**, secondary students experience meaningful growth through movement, challenge, and connection in a dynamic and unforgettable environment.

6Pack Indoor Beach

Train Hard. Play Hard. Lead Together.

Where leadership, fitness, and teamwork come alive and all under one roof.



6Pack Indoor Beach

Leadership & Team Challenge Workbook

Grades 8–12

Name: _____

Class: _____

Date: _____

Leadership Goals

Before we begin...

Today I want to improve:

- ☐ Leadership
- ☐ Communication
- ☐ Teamwork
- ☐ Confidence
- ☐ Sportsmanship
- ☐ Fitness

My personal goal:

Activity Log

Check each activity you completed.

- ☐ Beach Volleyball
- ☐ Leadership Challenge
- ☐ Team Strategy Game
- ☐ Fitness Circuit
- ☐ Beach Tournament
- ☐ Cooperative Challenge

Leadership Reflection

Which leadership role did you take today?

- ☐ Organizer
- ☐ Motivator
- ☐ Communicator
- ☐ Problem Solver
- ☐ Encourager
- ☐ Strategist

Give an example.

Team Challenge Analysis

Describe one challenge your team faced.

How did your team solve it?

What would you do differently next time?

Wellness Check

Physical activity helps improve:

- ☐ Mood
- ☐ Energy
- ☐ Focus

☐ Confidence

☐ Stress Levels

How did you feel after today's activities?

Sportsmanship Reflection

Today I demonstrated:

☐ Respect

☐ Integrity

☐ Encouragement

☐ Accountability

☐ Resilience

Describe a moment when you encouraged someone else.

Goal Setting

One leadership skill I improved today:

One fitness goal I have:

One teamwork skill I will use back at school:

Self Evaluation

Rate yourself.

Leadership



Communication



Participation



Respect



Teamwork



Resilience



Teacher Feedback

Student demonstrated:

- ☐ Leadership
- ☐ Collaboration
- ☐ Critical Thinking
- ☐ Communication
- ☐ Positive Attitude
- ☐ Respect

Comments

 Leadership Achievement

Today I successfully completed the

6Pack Indoor Beach Leadership Challenge

through teamwork, resilience, communication and positive leadership.

Student Signature _____

Teacher Signature _____

