



## Brief Description

We have 3 challenging low ropes courses, great for developing strength, balance and control.

## PSHE and Wider Learning Outcomes

- Physical and mental health
- Confidence and self esteem
- Working as a member of a team
- Independence and self-reliance

## Session Objectives

By the end of the session, students will

- Have a good sense of achievement
- Share an experience of being challenged
- Realise that we all have different strengths and weaknesses
- Develop Teamwork
- Realise the importance of good listening

## National Curriculum Outcomes

**Science:** Learning about forces, including gravity and friction

**English:** Expressing themselves and communicating

**PE:** Develop flexibility, strength, technique, control and balance

## Progression / Differentiation

We have three low ropes courses that allow delivery to be matched to the needs of the students. Some elements can be made more challenging.

## Vocabulary

**Activity words:** Spotting, safety, rope, pole, swing, balance

**Team work words:** Encouragement, listening, support, achievement, communication, participating, trust