



## Brief Description

High Ropes courses offer participants the chance to challenge themselves by taking part in aerial activities. These include zip wires, leap of faith, net climbing and pole balance.

## PSHE and Wider Learning Outcomes

- Trust in equipment, leader and team mates
- Over come fear of heights and push comfort levels
- Improved team work and communication
- Develop a "I can" attitude
- Physical and mental health
- Helps pupils gain respect for one and other by seeing the challenges that each one of them has to over come.

## Session Objectives

By the end of the session, students will

- Have had fun
- have helped and encouraged peers
- have safely used technical equipment
- Have challenged themselves physically and mentally. Hopefully achieving more than what they thought they could possibly do.

## National Curriculum Outcomes

**Physical education:** develop flexibility, strength, technique, control and balance

**English:** listen and respond appropriately to adults and their peers. Ask relevant questions to extend their understanding and knowledge

**Forces:** Explain that unsupported objects fall towards the Earth because of the force of gravity acting between the Earth and the falling object. Identify the effects of air resistance and friction, that act between moving surfaces.

Recognise that some mechanisms, including levers, pulleys and gears, allow a smaller force to have a greater effect.

## Progression / Differentiation

Session can be tailored to suit the needs of individuals and group.

Progress from small to large zip wires

Change the jumping distance on leap of faith

Change the angle on cargo net for difficulty

Operating procedures on zip wires can change to suit the physical and emotional needs of participants. Allow students with physical disabilities the chance to still participate.

## Vocabulary

Balance, encouragement, friction, gravity, rope stretch, commitment, resilience, gri gri, karabiner, buckle, harness,