



## Brief Description

The swamp crossing is a teamwork game which involves the whole team getting from point A to point B using only the 'islands' that are provided. No team member may touch the floor, and no island may be unattended, otherwise the team is penalised.

## PSHE and Wider Learning Outcomes

- Team work
- Communication
- Leadership
- Co-ordination
- Physical health

## Session Objectives

By the end of the session, students will

- Understand the importance of thorough planning before getting started on an activity
- Understand the importance of being an active part of the team
- Be able to actively problem solve
- Have the opportunity to build from previous experience and improve performance.

## National Curriculum Outcomes

- **Physical education:** develop flexibility, strength, technique, control and balance
- **Physical education:** take part in outdoor and adventurous activity challenges both individually and within a team
- **Physical education:** compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Progression / Differentiation

The instructor is able to adapt the activity to the suit the ability of the group by choosing how many 'islands' to supply at the beginning of the challenge. More islands make the challenge more achievable.

As groups progress, the activity can be made more challenging by repeating the activity, but with fewer islands.

## Vocabulary

Team work, planning, organising, support, communication, roles, success, review, adapt.