



## Brief Description

Individuals take on the challenge to cross the swamp. A cable is rigged across a swamp area with vine-style ropes hanging down from above to aid balance. The challenge is to walk along the cable and make it to the other side without falling into the swamp!

## PSHE and Wider Learning Outcomes

- Resilience
- Confidence
- Self-reliance
- Decision making

## Session Objectives

By the end of the session, students will

- Have pushed themselves to do something intimidating
- Have confidence in their physical ability
- Learn to focus entirely on the task
- Show resilience (if they happen to fall into the swamp!)
- Show support for their team mates

## 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

There are a range of low ropes courses around the grounds at White Hall which have similar elements on them to the swamp crossing element, but without a swamp to fall into. These could be used as a practise before moving onto the swamp, to help build up technique and confidence.

Individuals can then make their own decision about whether they would like to attempt the swamp challenge

## Vocabulary

Balance, technique, confidence, safely, cable, ropes, vines, side-step, swamp