



	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Activity							
Abseiling	*	*		*	*	*	*

Learning objective: To introduce pupils to abseiling.

Description: One of the most popular activities in which pupils face the challenge of descending a purpose built tower backwards. Builds confidence through achievement in which pupils have to cope with perceived risk in order to succeed.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> To recognise the perceived risk of the activity and how this is controlled by safety equipment. Correct use of personal protective equipment. Keywords : karabiner, maillon, figure of eight. 	<ul style="list-style-type: none"> To recognise the effects of positive and negative peer influence. Recognising activity boundaries and safety areas. Observing general safety rules for abseiling. 	<ul style="list-style-type: none"> To prepare physically for the activity in hand. To demonstrate a good abseiling technique. To improve the quality and technique of the newly acquired skill.