



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

Learning objective: To introduce pupils to nightline.

Description: A firm favourite of the Kingswood activities. Nightline is a sensory deprivation exercise in which pupils are blindfolded throughout the activity. Pupils navigate their way through a series of obstacles and mazes as a group, relying heavily on the trust and support of each other, as they tackle each of the different challenges.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> To recognise the perceived risk of the activity and how this is controlled by working with others. To recognise how it is possible to compensate for a lost sense. Keywords: blindfold, sensory deprivation 	<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. Observing general safety rules for nightline. 	<ul style="list-style-type: none"> To communicate effectively whilst being deprived of a major sense. To listen and use remaining senses as effectively as possible. To work with others to accomplish the task and tackle any obstacles before them.