



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Improving own learning and performance.	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
<b>Abseiling</b>	*	*	*	*	*	*	*

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