



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
<b>High ropes</b>	*	*	*	*	*	*	*

**Learning objective: To introduce pupils to high ropes.**

**Description:** The most challenging all the activities. A test of nerve, skill and stamina as pupils tackle the course both as individuals and as part of a team. Working against the clock provides more pressure until pupils finally face the ultimate challenge, a leap onto a trapeze 40 feet off the ground.

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>Recognising activity boundaries and safety areas.</li> <li>Correct use of personal protective equipment.</li> <li><b>Keywords :</b> karabiner, maillon, gri-gri</li> </ul>	<ul style="list-style-type: none"> <li>To recognise the effects of positive and negative peer influence.</li> <li>To wear appropriate clothing including long sleeves, long trousers no jewellery.</li> <li>Observing general safety rules for high ropes</li> </ul>	<ul style="list-style-type: none"> <li>To prepare physically for the activity in hand.</li> <li>To demonstrate a good climbing and abseiling technique.</li> <li>To improve the quality and technique of the newly acquired skill.</li> <li>To perform under pressure overcoming any fears of heights.</li> </ul>