



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

Learning objective: Pupils will have experienced how best to plan and navigate their way around both static and moving obstacles.

Description: Purpose built low ropes provide a perfect obstacle course that encourages communication and co-operation. Low ropes builds confidence, develops balance and co-ordination as pupils tackle the various challenges both as individuals and as part of a team.

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. To use prior knowledge and acquired knowledge to plan how best to tackle the obstacles. Correct use of personal protective equipment. Keywords: spotters 	<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. To recognise the effects of positive and negative peer influence. Observing general safety rules for abseiling. 	<ul style="list-style-type: none"> To prepare both physically and mentally for the activity in hand. To demonstrate a good technique for coping with static and moving obstacles. To communicate and work with others to tackle obstacles.