



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

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