



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

**Learning objective: To introduce pupils to zip wire.**

**Description:** Voted the most exhilarating activity the zip wire challenges the individual and increases confidence through personal achievement.

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>Keywords: karabiner, maillon, gri-gri</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 zip wire.</li> </ul>	<ul style="list-style-type: none"> <li>To prepare physically for the activity in hand.</li> <li>To demonstrate a good zip wire technique.</li> <li>To improve the quality and technique of the newly acquired skill.</li> </ul>