

Low Ropes Course - 1 & 2



Learning Intentions

Students recognise how strengths and achievements contribute to identities. They identify how emotional responses impact on others' feelings. They describe how to keep themselves and others healthy, safe and physically active. They identify areas where they can be active and how the body reacts to different physical activities.

Students demonstrate positive ways to interact with others. They select and apply strategies to keep themselves healthy and safe and are able to ask for help with tasks or problems. They demonstrate fundamental movement skills in a variety of situations

Daradgee Specific Elaborations

This experience may require students to:

- *participate in climbing sessions as climbers and spotters*
- *debrief how team members helped and supported one another*
- *follow instructions and rules to stay safe while climbing eg. "Ready, set, climb", active spotting*
- *demonstrate and encourage persistence eg. have a go, supporting SWD, anxiety and autism*
- *recognise and demonstrate acceptable social/emotional behaviour eg. be an attentive, supportive spotter*
- *participate in climbing on our purpose built LRC*
- *perform basic LRC climbing manoeuvres and techniques to traverse elements eg. using vines and foot cables, maintaining good balance*
- *participate in climbing using demonstrated skills to complete a number of different climbing challenges eg. warm up, spotter/climber roles*
- *demonstrate acceptable group strategies eg. work cooperatively, take turns, be respectful*
- *identify and follow rules during climbing eg. take turns, proper use of equipment, "Ready, set, climb"*