

Low Ropes Course - 3 & 4



Learning Intentions

Students identify influences that strengthen identities, how emotional responses vary and understand how to interact positively with others in a variety of situations. They understand the benefits of being healthy and physically active.

Students apply strategies for working cooperatively and apply rules fairly. They use decision-making and problem-solving skills to select and demonstrate strategies that help them stay safe, healthy and active. They refine fundamental movement skills and apply movement concepts and strategies in a variety of physical activities to solve movement challenges. They create and perform movement sequences using fundamental movement skills and the elements of movement.

Daradgee Specific Elaborations

This experience may require students to:

- explore ways to respond positively and persist in climbing eg. positive self-talk, be optimistic, encourage others
- debrief how climbing helps students feel good about themselves, builds confidence and encourages them to try new things
- work with their team to climb as many elements as possible
- discuss and reflect how students feel in a range of challenges eg. show empathy, support and respect for others
- debrief emotional responses of self and others in challenging situations eg. physical and emotional support, overcoming fear, positive talk
- participate and reflect on the benefits of climbing on the LRC eg. how manoeuvres and techniques require climbers to hold their body weight, work together to solve problems, how you feel when you have had a go
- participate in climbing challenges which require persistence, determination, creating strategies, planning, problem-solving to achieve goals eg. supporting a climber with a disability
- ensure optimal participation in all climbing challenges by promoting cooperation, modifying rules, team strategies and equipment eg. managing SWD, anxiety, autism, additional spotting, climbing with a harness for wheel chair inclusion
- act fairly and reasonably eg. take turns, stick to the rules, be respectful