

Low Ropes Course - 5 & 6



Learning Intentions

Students recognise the influence of emotions on behaviours and discuss factors that influence how people interact. They describe their own and others' contributions to health, physical activity, safety and wellbeing..

Students demonstrate skills to work collaboratively. They perform specialised movement skills and sequences and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges.

Daradgee Specific Elaborations

This experience may require students to:

- *use the LRC climbing experience to increase levels of individual and group participation and improve health, safety and wellbeing eg. the use of specialist climbing equipment for the LRC may motivate students and increase participation and enjoyment*
- *debrief how emotional responses can differ and affect individuals and their partners during LRC eg. managing anxiety, stress, fear, aggression, being positive and supportive, encouraging others*
- *explore how climbing improves health and wellbeing eg. how new and different physical challenges can improve individuals ability to become more active and gain personal satisfaction*
- *encourage students to apply specific climbing manoeuvres and techniques eg. use of foot cables and vines, reaching, stretching, balancing, good posture*
- *participate in climbing to improve health and wellbeing eg. promote understanding of the link between physical activity and mental health, student resilience, coping skills*
- *explore and perform roles and responsibilities required to climb which promote enjoyment, safety and positive outcomes for students eg. teamwork, organisation, cooperation, communication*