

Session Plan – Low Ropes

Key Stage: 1,2,3,4	Activity Aims & Learning Outcomes (suggested content and uses of activity):
To work in teams to explore, balance, navigate and overcome obstacles. To practice teamwork, cooperation, and communication skills.	Enjoyment Social and Emotional Awareness Activity Skills Skills for Life Health and Wellbeing Increased Motivation and Appetite for Learning

Suggested session format:

	Duration:	Activity	Resources
Session Preparation:		<ul style="list-style-type: none"> • Activity area pre check • Check group information – any medical needs, special requirements, group size etc. 	Activity Operating guidelines
Start/ Safety Talk	10 mins	<ul style="list-style-type: none"> • Welcome & activity introduction. • Set the scene – think about group and what they wish to achieve. For older groups- can you beat the clock? Can you beat your personal best? For primary school groups- how far can you go without falling off? • Consider learning outcomes of group and individuals and reviewing thereof during the session • Safety brief- highlight relevant safety points as listed in activity operating guidelines i.e., all persons must be wearing a helmet when on any of the Low Ropes obstacles. Suitable footwear must be worn and securely tightened. 	
During the Session:	45 mins	<ul style="list-style-type: none"> • Manage participants ensuring Health and Safety is always adhered to, i.e., ensure the group is all going in the same direction and respecting each other's space and pace. • Rotate participants so that all people have a go. • Encourage all participants • Be enthusiastic! • Challenge the confident participants appropriately 	Helmets
Extension Activities:		<ul style="list-style-type: none"> • Competition i.e., time-trials • Make adaptations to the course; please ensure that health and safety considerations have been considered. 	

		i.e., don't allow participants to 'piggyback' across the balancing beam.	
Review:	5 mins	<ul style="list-style-type: none">• Confirm any learning that may have taken place.• Ensure equipment is returned to reception ready for next group.• Report any incidents/faults to office or line manager	