



**Activity Objectives  
and  
Learning Outcomes**

## Water sports

Activity	Session	Objective	Prescribed learning outcomes
<b>Kayaking 1</b>	Single	One student per boat. Basic paddling skills: Forward and backwards, stopping and turning. Gain confidence by playing games.	<p><b><u>Skill / Problem solving:</u></b> Can paddle a straight line over 50 metres. Can turn.</p> <p><b><u>Team work:</u></b> Stopping strokes used to avoid collisions with others.</p> <p><b><u>Confidence:</u></b> Capsize: Awaits instructions in water.</p>
<b>Kayaking 2</b>	Single	One student per boat. After the above; work on developing skills.	<p><b><u>Skill / Problem solving:</u></b> Paddles forward and backwards effectively, turning efficient.</p> <p><b><u>Team work:</u></b> Communicate to avoid collisions.</p> <p><b><u>Confidence:</u></b> Capsize: Understands actions to aid smooth recovery, assists instructor.</p>
<b>Kayaking 3</b>	Six	One student per boat. Journey down local river (e.g. Chelmer) 6– 10k paddle. Intro to advance turning strokes and recovery strokes. Ideally group will have done Kayak 2.	<p><b><u>Skill / Problem solving:</u></b> Efficient forward and reverse paddling. Understands how to prevent capsizes.</p> <p><b><u>Team work:</u></b> Collisions avoided, obstacles on river negotiated.</p> <p><b><u>Confidence:</u></b> Can assist others in recovery.</p>

<b>Open Canoe 1</b>	Single	Students work in pairs. Basic Paddling skills forwards and Backwards, stopping and turning. Gain confidence by playing Games. Aim to remain in canoe but Know what to do in the event of a capsize.	<b><u>Skill / Team work / Problem solving:</u></b> can paddle in a straight line over 50 metres. Can turn. Stopping strokes used to avoid collisions <b><u>Confidence:</u></b> Capsize, awaits instructors in the water.
<b>Open Canoe 2</b>	Single	Students work in pairs. After the above; work on developing skills.	<b><u>Skill / Team work / Problem solving:</u></b> Paddles forward and backwards effectively, turning efficient. Communicate to avoid collisions. <b><u>Confidence:</u></b> Capsize: Understands actions to aid smooth recovery, assists instructor.
<b>Open Canoe 3</b>	Six	Students work in pairs. Journey down local river (e.g. Chelmer) 6 – 10k paddle. Intro to advance turning strokes and recovery strokes. Ideally group will have done Open Canoe 2.	<b><u>Skill / Team work / Problem solving:</u></b> Efficient forward and reverse paddling. Collisions avoided, obstacles on river negotiated. <b><u>Confidence:</u></b> Can assist others in recovery.
<b>Towed Inflatables</b>	Single	Up to 3 students at a time. To give riders a fun, shared, experience of speed and increase confidence on water.	<b><u>Team work / Confidence:</u></b> Team keep Inflatable balanced. In event of capsize inflatable is righted and team climb back on assisted by instructor if required.
<b>Improved Raft Building</b>	Three	Build a Raft capable of carrying the participants to an objective and back to the launch point.	<b><u>Skill / Problem solving:</u></b> Various knots learned, stable raft built, basic paddling technique. <b><u>Team work / Confidence:</u></b> Raft paddled to a set goal and back. Any students falling in recovered by team mates.

<b>Towers</b>			
<b>Activity</b>	<b>Session</b>	<b>Objective</b>	<b>Prescribed learning outcomes</b>
<b>Climbing 1</b>	Single	Get the participants climbing as high as they can achieve. Use simple belay techniques.	<p><b>Skill:</b> Climbing and belaying techniques.  <b>Team work:</b> Climb protected by belay.  <b>Problem solving:</b> Different types of route attempted.  <b>Confidence:</b> Climber trust developed in rope and belayers. Fear of heights challenged.</p>
<b>Climbing 2</b>	Double	To complete basic climbs then to attempt climbs of increasing challenge.	<p><b>Skill:</b> Climbing and belaying techniques.  <b>Team work:</b> Climb protected by belay.  <b>Problem solving:</b> Different types of route completed. Belayers taught to control the rope alone with a partner backing up the rope.  <b>Confidence:</b> Climber trust developed in rope and belayers. Fear of heights challenged</p>
<b>Traversing</b>	Single	Get the participants climbing as far as they can achieve. Use simple spotting techniques.	<p><b>Skill:</b> Climbing and spotting techniques.  <b>Team work:</b> Climb protected by spotter.  <b>Problem solving:</b> Different types of route attempted.  <b>Confidence:</b> Climber trust developed in spotter and self. Fear of unknown challenged.</p>
<b><u>Abseiling</u></b>	Single	Off platform on top of Climbing Tower. Access to platform up leaning ladders. Note that the nature of this activity means that participants must be able to wait patiently for their turn.	<p><b>Skill:</b> Control of descent speed.  <b>Problem solving:</b> Equipment detached efficiently after each abseil.  <b>Confidence:</b> Abseiler trust developed in rope. Fear of heights challenged.</p>
<b>Ice Wall</b>	Single	Get the participants climbing on artificial ice as high as they can achieve. Use simple belay techniques.	<p><b>Skill:</b> Climbing and belaying techniques.  <b>Team work:</b> Climb protected by belay.  <b>Problem solving:</b> Placing of axes and crampons to achieve firm footings.  <b>Confidence:</b> Climber trust developed in rope and belayers. Fear of heights challenged</p>

<p><b>High Ropes (Sky Hi Walk)</b></p>	<p>Single</p>	<p>Individuals encouraged to set their own targets to achieve (“challenge by choice”) by varying distance on the beam and method of decent</p>	<p><b>Skill:</b> Balance and coordination.  <b>Team work:</b> Group encourage and support each other.  <b>Confidence:</b> Trust developed in rope and safety system. Fear of heights challenged.</p>
<p><b>Crate Stack</b></p>	<p>Single</p>	<p>Team Challenge exercise to build high stable tower with crates. 2 team members remain on top throughout the build.</p>	<p><b>Skill:</b> Balance and coordination. Belaying techniques. Construction.  <b>Team work:</b> Group encourage and support each other. Communicate to pass crates up tower. Climber and belayers communicate tightness of safety rope to enable builder’s free range of movement on top of tower.  <b>Problem solving:</b> Crate structure built.  <b>Confidence:</b> Trust developed in rope and belayers. Fear of heights challenged.</p>

<b>Land Based</b>			
<b>Archery 1</b>	Single	To learn enough technique in order to hit the target with reasonable accuracy and strength. Have the satisfaction of seeing scoring improve over the session. Team scoring games may also be introduced.	<p><b>Skill:</b> Correct technique including aiming to score hits.</p> <p><b>Confidence:</b> Self belief/worth as ability level increases throughout session.</p>
<b>Archery 2</b>	Single	Building on Archery 1 the participant is introduced to sighting and longer range shooting.	<p><b>Skill:</b> Correct technique including aiming. Grouped scoring and aiming adjustments to correct fall of shot.</p> <p><b>Confidence:</b> Self belief as ability level increases throughout session.</p>
<b>Rifle Shooting 1</b>	Single	Participants will learn parts of the rifle, aiming and shooting technique. Practise shooting at various distances. Games may be introduced later in the session	<p><b>Skill:</b> Correct technique for aiming and shooting. Grouping shots together.</p> <p><b>Confidence:</b> Self belief as ability level increases throughout session</p>
<b>3D Maze</b>	Single	Exploration of the tunnel system. Experience the challenge of finding your way without light.	<p><b>Team work:</b> Communication of directions and route in darkness. Trust and support through obstacles.</p> <p><b>Problem solving:</b> Maneuvering through various obstacles in darkness.</p> <p><b>Confidence:</b> Challenge fear of dark and small spaces.</p>
<b>Team Building</b>	Single	Complete a series of team challenges. Team to experience benefits of working together and supporting each other physically and mentally	<p><b>Skill:</b> Balance, coordination.</p> <p><b>Team work:</b> Communicate to achieve goals, learning from each task to improve performance in the next.</p> <p><b>Problem solving:</b> Complete various physical and mental challenges.</p> <p><b>Confidence:</b> Tasks all involve team members to trust one another.</p>

<b>Cresta Run</b>	Single	To experience the thrill of down hill tobogganing From the safety of a guided track.	<b>Team work:</b> Having fun together as a team. Communicating the safest method to return toboggans to top.
<b>Orienteering 1</b>	Single	To find fixed orienteering markers by relating a simple map to features on the ground. Markers are placed on distinctive features. Instructor should aim to have runners return regularly.	<b>Skill:</b> Orientating map to ground, understanding map scale and key. <b>Team work:</b> Moving together as a team. <b>Problem solving:</b> Route selection. <b>Confidence:</b> Develop map reading ability.
<b>Earth Ball</b>	Single	To keep a group of up to 10 involved in a series of activities using a 6ft ball.	<b>Skill:</b> Balance, coordination. <b>Team work:</b> Having fun together as a team. Learning from each game to improve performance in the next. <b>Problem solving:</b> Complete various games and problems. <b>Confidence:</b> Building a level of mutual team trust.
<b>Inflata-Bull</b>	Single	To experience the thrill of the bucking bronco with the safety of an inflatable bed.	<b>Skill:</b> Balance, coordination. <b>Team work:</b> Having fun together as a team. Communicating to achieve effective 'bucking' motion <b>Problem solving:</b> devise ways to remove rider from bull <b>Confidence:</b> Building a level of mutual team trust.
<b>Bush craft</b> (introduction)	Up to a day	To learn basic Bush craft skills, including fire lighting, cooking and shelter building	<b>Skill:</b> Self discipline and awareness. <b>Team work:</b> Cooperation, <b>Problem Solving:</b> Fire lighting, shelter building. <b>Confidence:</b> Awareness of the individual, the group and the environment.