



Challenge Course

learnlink™

About the activity

The PGL Challenge Course is legendary - it's a well-loved and popular activity with plenty of opportunities for everyone to get involved; it can even get quite competitive sometimes! As your pupils negotiate the various obstacles that lie ahead, it's an experience that will promote teamwork, lateral thinking, problem solving and decision-making - as well as being physically challenging too.

Activity aims

The aim of this activity is to:

- Ensure participants work together supporting and encouraging each other emotionally & physically.
- Increase confidence, self-awareness and general social skills.
- Develop communication, problem solving, leadership and teamwork skills.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Be able to devise and put into practice a range of solutions to a problem.
- Take a leading role when working with others.
- Identify and respond to weaknesses in their group by planning improvements.
- Take the initiative in evaluating their performance and that of the group.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Critical thinking
- Teamwork
- Decision-making skills

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Developed the skills to work in small groups communicating effectively.
- Worked together to overcome a number of challenges. This will have involved physical and mental challenges.
- Achieving tasks set to encourage listening, confidence and social skills.
- Contributed to performance review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety

e.g. boundaries, rules, risk assessment, safety area, judgement.

Words relevant to equipment

e.g. obstacles, challenge element, rope, wall, plank of wood.

Words relevant to the activity

e.g. co-ordination, planning, imagination, problem solving, solution challenge, time management, tactics.

Words relevant to teamwork

e.g. achievement, communication, encouragement, listening, participation, review, support, responsibility.