



Low Level Ropes Course



About the activity

At less than a metre above the ground, low ropes removes the fear of heights from what are essentially similar challenges and techniques to the high ropes. Being closer to the ground means your pupils have plenty of opportunities to take advice and discuss their options with the rest of the team. Negotiating the series of obstacles and challenges is not as easy as it looks. It's teamwork and communication that will get them successfully around the course.

Activity aims

The aim of this activity is to:

- Encourage participants to communicate and work as a team.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.
- Be able to recognise different hazards and work as a team to overcome them safely.

Progression opportunities

Some participants may also:

- Take a lead role when working as a team to distinguish various leadership skills.
- Look at roles and responsibilities in a team.
- Learn how to recognise and manage risk.

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

- Interpersonal communication
- Teamwork
- Trust
- Increasing self-esteem

Learning outcomes

Upon completion of the activity, participants will have:

- Worked with most of, if not all the members of the group.
- Utilised various levels of communication to achieve each structure challenge.
- Worked as a team and supported each other throughout the activity.
- Built up new levels of trust with each participant.

Associated vocabulary

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| Words relevant to safety | e.g. boundaries, hazards, personal protective equipment, risk assessment, rules. |
| Words relevant to equipment | e.g. obstacles, platform, spotting. |
| Words relevant to the activity | e.g. balance, co-ordination, forward planning, problem solving. |
| Words relevant to teamwork | e.g. achievement, leadership, participation, personal development, responsibility. |
| Words relevant to communication | e.g. decision making, discussion, encouragement, instruction, listening, opinion, praise, support, understanding. |