



# Trapeze



## About the activity

Each stage of the trapeze counts as a success and requires courage and determination. The challenge starts with a climb to the top of a 6-metre pole. Next, a climb onto the small platform will require balance as pupils stand to make that leap for the trapeze! It's an exhilarating and heart-pounding activity that will bring your pupils together in their support for each other. It also gives each participant a very real sense of personal achievement.

## Activity aims

### The aim of this activity is to:

- Introduce the skill of climbing and the necessary equipment.
- Allow each participant to experience climbing the pole and making the decision whether to jump from the platform.
- Encourage participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their climbing technique.
- Make a conscious choice to overcome their fear or discomfort and to leave their comfort zone.
- Take the initiative in evaluating their performance and that of the group.

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

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated an approved climbing technique to ascend safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Developed an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. figure of eight, harness, karabiner, maillon, safety rope, platform, trapeze, ALF
<b>Words relevant to the activity</b>	e.g. jump, friction, gravity, climb, comfort zone, adrenaline.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.