



# 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.