



High Ropes Course

learnlink™

About the activity

The high ropes activity is designed to help your pupils improve levels of trust and co-operation amongst themselves. Essentially it's an individual challenge course involving balance, passing obstacles and holding your nerve, because the whole event takes place 12 metres (40 feet) above the ground. The encouragement that comes from the rest of the group can make all the difference to their success – so the challenge is ideal for promoting teamwork and the value of mutual support.

Activity aims

The aim of this activity is to:

- Have fun.
- Experience challenges at height in a safe environment.
- Push people out of their comfort zones.
- Improve motivation and encouragement amongst peers.

Progression opportunities

Some participants may also:

- Use teamwork to get around the high ropes course.

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

- Social Interaction and Communication

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- Learnt how to put on the appropriate PPE in order to participate at heights.
- Learnt how to complete challenges whilst out of comfort zones.
- Demonstrated teamwork and the ability to motivate and encourage others.

Associated vocabulary

Words relevant to safety	e.g. rules, risk assessment, safety area, personal protective equipment (PPE), helmet, harness.
Words relevant to equipment	e.g. helmet, harness, trolley, karabiner, rope.
Words relevant to the activity	e.g. high, height, element.
Words relevant to teamwork	e.g. achievement, communication, listening, participation, review, support, encourage, motivate.