



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 the 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.
- An understanding of associated hazards, be able to assess risks and understand 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

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