

The task is to walk backwards off the top of a tower or cliff face, gradually working back towards ground level, suspended only on a rope. It's all about trust, courage and confidence. It's also a very dynamic way to learn calculating and controlling risk. Some children deal with heights more easily than others, but the support and encouragement of the rest of the group is important for each individual's success and will help strengthen peer relationships.

The aims of this activity are to...

- Introduce the skill of abseiling and the necessary equipment.
- Allow each participant to experience abseiling.
- 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.

Learning Outcomes...

Upon completion of the activity, participants will have:

- Demonstrated an approved abseiling technique to descend 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, be able to assess risks and
- Understand how risks can be controlled.
- Contributed to a post activity review led by the instructor identifying what they did well and then suggested ways to improve.

Progression...

Some participants may also:

- Improve the quality and consistency of their abseiling technique.
- 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