

We can achieve a substantial number of things as individuals - but there are many things that cannot be done without the help of some friends. Our instructors set the challenges, but it is down to the team to figure out how to achieve the task and then to organise themselves accordingly. There are no prizes for being "first" if it means the rest of your team gets left behind. For example, can you get a group of people across a rocky, crocodile-infested river (use your imagination here!) using only three planks?

The aims of this activity are to...

- Introduce the idea of teamwork challenges and using the necessary equipment.
- Allow each partaker to experience a series of physical challenges as part of a team.
- Encourage participants to set goals.
- Inspire students to support and encourage each other to achieve those goals.
- Issue an opportunity for participants to discuss what they have carried out.

Learning Outcomes..

Upon completion of the activity, participants will have:

- Shown diverse ways to approach problems and challenges and found some of the issues relevant to working as part of a team
- Used specialist equipment and PPE, understanding its purpose and name.
- Proved the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- Gained an understanding of associated hazards, been able to assess risks and understood how these may be controlled.
- Taken part in a post-activity review led by the instructor showing what they did well and then suggested ways to improve.

Progression...

Some participants may also:

- 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