

Low Ropes and Problem Solving

Course Details:

- **Age range suitability :** Years 2—6
- **Ratio :** 1 adult to every 10 children (+ additional SEN support if required)
- **Additional Information:** Appropriate old long sleeved and long legged clothing. Trainers, not Wellingtons or sandals to be worn.

Can you work as a team to compete a series of complex challenges? Have you got the physical and mental stamina to combat difficult problems and tasks? Come and test your groups abilities on our challenging low ropes course and team building activities. A fun way of encouraging and improving team work, leadership skills, peer organization and communication skills.

Arrival Time: 10:00—10:30

The days activities are explained along with an introduction about the health and safety precautions.

Please note, activities will continue in most weather conditions, so students should be suitably dressed to be outside all day in all weathers.



Students will be split into two groups.

One group will start the day on the low ropes course and the other on the problem solving activities.

Low Ropes: Learn to balance on the beam, cross the swinging tyres, swing from the Tarzan ropes, traverse the climbing wall and walk the ropes and wires! Working as a team, in pairs and then independently students will develop their skills in coordination, balance, support and communication. Once all the activities have been completed, skills can be consolidated using the '*Pirate Challenge*' !

Please note; these activities can be adapted to include children with special additional needs. Please call to discuss this in detail with a member of the Braeside Teaching Staff.

Lunch time: Students will eat their packed lunches brought from home. Students will have access to the Braeside lawns and ball court for free play during the lunch break.

The afternoon session will be a rotation of the mornings activities.

Problem Solving: Students will be split into small groups to complete a selection of the following activities. Crossing the Crocodile Swamp, tackling the explosive Minefield, balancing the highly challenging Wobbly Platform, surviving the man eating Spiders Web, Crossing the Pit of Doom, Flying the Magic Carpet, completing the mind challenging Bucket-up and setting a new record on the Low All-Aboard challenge.

Finish 2.30 – 3.00 Students will return equipment, pack up bags and change into clean spare shoes / clothes if necessary to travel home.