



ACTIVITY	DESCRIPTION	INTENDED LEARNING OUTCOMES
<p>Climbing Wall</p>	<p>24 ft high outdoor climbing wall with four climbing routes of different levels of difficulty. This activity caters for all abilities & can be individual or team based. Starting with the standard automatic belay feature the program will build manual belaying and other rope skills. Groups can be further challenged by climbing blind fold or using signals to communicate, or even have time trials to see who can do it the fastest. When they reach the top you can abseil down</p>	<p>Climbing encourages teamwork and a sense of achievement. Group encouragement and determination is what is needed during this activity. In order to for participants to achieve their goals they must rely on communication and encouragement from the rest of the group. The activity helps build confidence and self-esteem. For the more challenging 'Manual' Belay method, trust and relationship-building is promoted through the experience.</p>
<p>Archery</p>	<p>Archery is an Olympic sport, where people use bow to shoot arrows at targets. Games are introduced once everyone has a few practice shots. These games add excitement and competition.</p>	<ul style="list-style-type: none"> •To have a better understanding of Archery as a sport. •Know and understand rules and commands for archery •Learn how to shoot a bow and arrow. •Improve numeracy skills. •Encourage and supporting others. •Develop interpersonal and intrapersonal skills.
<p>Kayaking</p>	<p>The Kayaks we use are sit-on-top and designed to carry one, two or three people in them. Participants are brought through paddle drills and introduced to basic paddling techniques. Once the group is comfortable with these techniques, other skills games will be introduced depending on the group's ability.</p>	<p>Kayak in a safe, fun environment</p> <ul style="list-style-type: none"> •Learn to forward Paddle and reverse paddle. •Improve balance and technique on the kayak. •Improve confidence in the water. •Have a good understanding of the Basic Safety rules of Canoeing. •How to work as a team on the water.
<p>Assault Course</p>	<p>This is a series of challenging physical obstacles. An individual, as part of a relay team, must navigate in the fastest time. The winner is the team who gets their members through the course in the shortest time.</p>	<ul style="list-style-type: none"> •Promotes teamwork •Develops communication •Challenges physical fitness
<p>Pier Jumping</p>	<p>Take a run and jump into the river at our safe harbour. Climb up the ladder and do it over and over again. This activity is popular for the exhilaration, freedom and big splash! Buoyancy aids and helmets are worn during this activity.</p>	<p>This activity encourages individuals to overcome fears and therefore helps to build confidence and self-esteem. Promotes encouragement through the group</p>
<p>Mud Slide</p>	<p>35 meter slippery slope where you slide your way down to a pool landing. This activity is guaranteed to get you laughing!</p> <p>The slippery slope has a constant supply of water flowing down with an added slippery agent to enhance the experience!!</p>	<p>FUN, FUN, FUN</p>

<p>Spiders Web</p>	<p>The object of this activity is to get from one side of the spiders web to the other – but without touching it! If you even graze against the web, your team must start again. Not at all as easy as it seems! Once a gap in the web has been passed through successively, the hole is closed up and cannot be passed through again. Team members really need to pull together and help each other cross over. Team cohesion and unity is essential for this activity!</p>	<ul style="list-style-type: none"> •Develop teamwork and trust. •Develop problem-solving skills. •Physically challenging.
<p>4-Way Tug O War</p>	<p>4-way tug of war has added a new dimension to this physical and strategic game of strength and wits. The 4-way tug of war rope allows up to 20 participants at one time Each team begins by pulling towards their side of the court. The winning team is the first team to completely cross their boundary. In multi-way tug-of-war it is mostly tactics that wins, with some strength.</p>	<ul style="list-style-type: none"> •Physically challenging and emotionally climaxing! •Encourages teamwork. •Promotes team strategy. •Develops communication skills. •Builds Confidence.
<p>Raft Building</p>	<p>The group will be given ropes, big blue barrels, lengths of wood & given a certain amount of time to build a raft (that will float and hopefully big enough for them to all fit on) The teams have a choice of using a standard design temple or come up with their own designs. If the group is struggling with building the raft the experienced instructor will give a hand on building a stable and secure raft. Having got their raft build right, they will attempt to paddle their raft in a race with opposing teams. This activity usually involves getting wet and the participants love it - they actually get to paddle something they made themselves (now that's an achievement in itself). Fun and friendly competition where they teams race their rafts against each other. Over the years this has proven to be a great success with participants not being able to paddle simply because they are laughing so much.</p>	<ul style="list-style-type: none"> •Working together as a team •Communications skills •Tying knots •Listening skills •Raft building focuses on real business skills by challenging traditional problem solving, encouraging cooperation and working under pressure •The achievement of building something •Problem solving skills
<p>Minefields</p>	<p>“mines” are set up in many places all over the space. Players are divided into pairs. The goal is for each blindfolded person to get from one side of the field to the other. He or she must safely avoid touching the “mines,” by carefully listening to the verbal guidance of their partners. Each pair is given a few minutes of planning and preparation for their communication strategy.</p>	<ul style="list-style-type: none"> •Develops interpersonal and intrapersonal skills. •Promotes teamwork. •Develops a sense of trust
<p>River Crossing</p>	<p>The goal is to move your team across the river from one bank to the other. Create a path by moving planks of wood from stump to stump.</p>	<ul style="list-style-type: none"> •Develops sequential reasoning and creative thinking. •Develops teamwork. •Develops sense of achievement. •Develops self-esteem.