

Low Ropes Course Stages 2 - 6

Duration: 1.5hours

Location: Wambangalang Woodlands, Obley Road, Dubbo.

Risk Management Advice: This form is emailed and will need to be returned.

Cost: This activity is included in the onsite whole day program and overnight programs.
Onsite whole day program \$15.00 / student.

What to bring: Students to bring morning tea, lunch in a lunchbox, water, hat and sunblock in a small back pack. The school encourages recycling so an Earth Friendly lunch is encouraged. An Earth Friendly lunch is one that has only recyclable or reusable containers for packaging and reduces the amount of rubbish.

What to wear: Sports uniform recommended with a hat and comfortable covered shoes.

Teachers: Teachers and visitors will need hats and covered shoes for walking in the woodlands.

Extreme weather: The school is in an extreme weather zone and could be subjected to days above 35 degrees, high wind, dust storms or extreme fire danger. Such conditions may result in the day being modified, cancelled or postponed.

Medical conditions: Please notify EEC staff.

Centre expectations: We encourage students to show respect for their environment during their visit. They can do this by being kind to all animals and insects, staying on paths and recycling their rubbish appropriately.



Overview

The low ropes course provides opportunities for students to encounter physical challenges, and to cooperate with others to complete set tasks.

Learning Activities

The low ropes course consists of 12 different obstacles or elements, including a low flying fox. Each element provides a different challenge, requiring a variety of physical skills. Safety issues are discussed before the course demonstration.

Students wear a helmet. Climbers are protected by their peers (spotters), who accompany them around the course.

Students focus on safety, balance, peer support, cooperation, teamwork and communication as they complete each element of the course.

Australian Curriculum Outcomes

ALS 1.6 - participates in physical activity, recognising that it can be both enjoyable and important for health

EN2-1A - communicates in a range of informal and formal contexts by adopting a range of roles in group, classroom, school and community contexts

MA2-2WM - selects and uses appropriate mental or written strategies, or technology, to solve problems

GSS3.8 - applies movement skills in games and sports that require communication, cooperation, decision making and observation of rules

PSS2.5 - uses a range of problem-solving strategies

INS3.3 - acts in ways that enhance the contribution of self and others in a range of cooperative situations

DMS2.2 - makes decisions as an individual and as a group member

SLS1.13 - recognises that their safety depends on the environment and the behaviour of themselves and others