

Planning: Tree Climbing and Adventure Ropes Course

Year Group: FS 1/2

Activity	Learning Objectives	Main Teaching Activity	Differentiation	Key Vocabulary and Resources
<p>Adventure Ropes Course and Tree Climbing</p> <p>Relevant to all seasons/months throughout year</p> <p>Approximate time taken – 20 to 30 minutes</p>	<ul style="list-style-type: none"> • To develop spatial awareness and hand/eye coordination. • Perform basic skills in travelling, being still, finding space and using it safely. • To recognise and describe how their bodies feel during different activities. • Enjoy a challenge using climbing and balancing techniques. <p align="center">Learning Outcomes</p> <ul style="list-style-type: none"> • Children can describe how they feel before, during and after exercise. • Children can recognise the importance of staying physically active. • Children develop skills in coordination. 	<p>Children can be split into smaller groups for these two activities. Demonstrate to children how to move and keep safe on and around the ropes and climbing trees:</p> <ul style="list-style-type: none"> • using balancing techniques • thinking about where to put hands and feet when travelling • holding on tight to branches and ropes • remind children that others are in the same area so it is important to always look to see who is around you or next to you (spatial awareness) • encourage children to choose how to use and apply skills and actions <p>Children can then use these skills and enjoy a challenge on the adventure ropes and climbing trees.</p> <p>There are two climbing trees on the Kingswood grounds these are the beech trees which can be found on the back of the site at Kingswood.</p>	<p>Using mixed ability groups: children could plan, use and adapt strategies for individual, pair or small group activities.</p>	<p>Vocabulary: Balance Climb Space Direction</p>