



Canalside Centre

Team Challenges Session

About the Activity:

What is it?

This is an exciting session that encourages the development of teamwork, communication and leadership skills and challenges young people in an outdoor environment. Activities can include: Spider's Web, Toxic Waste, Blindfolded Low Ropes, Plank Walk.

How do I do it? Who is the Event For?

All young people (9+) – aimed at Key stage 2, 3 and 4.

Aim of the Event:

- To challenge young people in a safe environment
- To present young people with an alternative method of improving fitness
- To improve communication skills and teamwork
- Develop problem solving skills

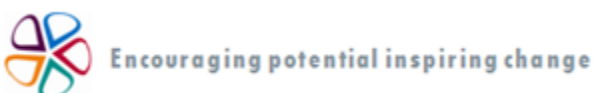
Where does this take place?

At the Canalside Centre.

Learning Outcomes:

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received
- Gained self esteem
- Gained self awareness
- Developed communication skills.
- Demonstrated an ability to cooperate and work as part of a team.





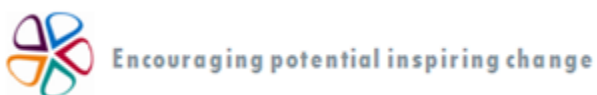
Progression Opportunities:

- Participate in a free session at Canalside
- Participate in an accredited paddlesport or climbing course

Canalside Centre: School Programmes

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