



Canalside Centre

Low Ropes Taster Session

About the Activity:

What is it?

This is an exciting session that introduces young people to the low ropes course. Basic skills are developed with the primary focus of the session being fun.

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

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

Aim of the Event:

- To introduce young people to the low ropes course and allow them to participate in an activity they may not have tried before.
- To present young people with an alternative method of improving strength and fitness.

Where does this take place?

At Canalside Activity Centre.

Learning Outcomes:

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received
- An understanding of some of the necessary personal protective equipment associated with the low ropes course and how to correctly wear it
- Gained an understanding of the importance of warming up before an activity
- Gained confidence in taking part in a new sporting activity
- Gained self esteem
- Gained self awareness

Progression Opportunities:

- Participate in a free session at Canalside
- Participate in an accredited climbing course
- Work towards NICAS awards

Canalside Centre: School Programmes

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