



Abseiling

program resource sheet | Middle Childhood

Abseiling is an individual challenge at height in which students are let down over an edge using a range of specialist equipment. Students descend using a safety line operated by qualified instructors to ensure their safety. Each student is taught the safety aspects of Abseiling, from fitting a harness to correct use of descending devices and proper Abseiling skills and techniques.

Available at:	Bickley (natural surface), Ern Halliday, Point Walter and Woodman Point (artificial surface).
Challenge considerations:	Individual challenge at height requiring hand and body coordination. Wheelchair Abseiling is also available at Point Walter.
Duration of program:	210 minutes (Bickley only), 90 minutes (all other camps).
Items required:	Enclosed shoes, knee-length shorts, water bottle, sunscreen and t-shirt covering midriff and shoulders. Long hair must be tied back.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights.



Program links:

Abseiling allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
Self-management skills	Understanding emotions	Students explore and describe their own fears, emotions and body responses prior to, during and after the abseil. They must also understand that others' emotions may be different to their own and be considerate of other individuals' fears and emotions.
	Managing emotions	Instructors explore strategies to cope with these emotions and stresses and relate these strategies to real-life concepts. Also, students learn to recognise that goals, assumptions, judgements and comments impact their own and others' levels of confidence when overcoming stressful situations.
Interpersonal skills	Communicating	Students are encouraged to develop and use statements that are empathetic and encourage others who may find the situation more challenging.
	Building and nurturing relationships	Students learn to apply appropriate group behaviours that limit negative impact on peers' behaviour, such as being supportive and encouraging in challenging situations during the Abseiling program.
	Leading, initiating and facilitating	Students are encouraged to support and encourage others through challenges and/or predicaments by providing advice or suggestions and displaying positive behaviour.
Skills for physical activity	Skills for recreating in the outdoors	Safety, skills and techniques for Abseiling are learnt within the program. Each student will have the opportunity to demonstrate proper use of the equipment and correct techniques during the Abseiling session.
Knowledge and understandings	Social and emotional well-being	Achievements are celebrated during and after the program as students acknowledge the emotions associated with Abseiling and learning to trust the instructor and the equipment. Instructors highlight the importance of this experience and how it may assist in completing challenges in the future.

Abseiling encourages the development of the following Overarching Learning Outcomes:

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