



# Big Swing

program resource sheet | Early Adolescence

In Big Swing, students are hauled into the air by their peers to a height of up to eight metres. Once the students' desired height has been reached, they are able to pull a spinnaker release to be quickly let go and swing like a pendulum.

<b>Available at:</b>	Ern Halliday.
<b>Challenge considerations:</b>	Group collaboration and individual challenge at height.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, knee-length shorts, t-shirt covering midriff and shoulders and water bottle. Long hair must be tied back.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> </ul>



## Program links:

Big Swing 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
<b>Self-management skills</b>	Understanding emotions	Students explore and describe their own fears, emotions and body responses prior to, during and after the Big Swing. They are able to use this experience to improve their self-understanding and build on their self-confidence for future challenges.
	Managing emotions	During Big Swing, various emotions and stresses may occur, therefore students learn proactive strategies to cope with their emotions. Students also learn how assumptions and value-laden judgements impact on themselves and others.
<b>Interpersonal skills</b>	Communicating	Big Swing can provide a challenging situation, therefore students learn how to be sensitive and empathetic to peers. Students must learn to recognise the emotional states of others and ensure they relate to them in a positive manner.
	Cooperating and collaborating in groups	Each student is required to meet a commitment to others by sharing the workload in the 'haul team' and achieving equity by treating others according to their level of challenge and respecting their possible fears.

Big Swing encourages the development of the following Overarching Learning Outcomes:

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