



# Big Swing

program resource sheet | Middle Childhood

In Big Swing, students are hauled into the air by their peers to a height of up to eight metres. Once the student's 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	Some students will find the Big Swing task mentally challenging and will therefore learn more about their personal emotions and emotional levels of others.
	Managing emotions	Students learn strategies to manage their own emotions and how to support and encourage others in challenging situations.
<b>Interpersonal skills</b>	Communicating	Students learn to establish effective communication skills, demonstrate empathy and provide support and encouragement to peers who may find the situation more challenging.
	Cooperating and collaborating in groups	Each student will be required to meet a commitment to their peers to contribute to every student having more than one opportunity on the Big Swing. Students will all need to work together to haul the student into the air to their desired height before being released.
<b>Knowledge and understandings</b>	Social and emotional well-being	Achievements are celebrated during and after the program, as students acknowledge the emotions associated with the Big Swing and how these may assist in completing future challenges.

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

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