



Caving

program resource sheet | Middle Childhood

Caving requires students to negotiate their way through a variety of squeezes and gaps using a head torch. Caving can be physically and mentally challenging as students are required to climb, crawl and squeeze their way through the only artificial cave system in Perth. A number of routes varying in difficulty can be taken through the tunnelling course; the choice depends upon the group and the students' ability.

Available at:	Ern Halliday.
Challenge considerations:	Individual and team program requiring climbing through confined spaces.
Duration of program:	90 minutes.
Items required:	Enclosed shoes, long pants and t-shirt covering midriff and shoulders (preferably old clothes). All long hair should be tied back.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights.



Program links:

Caving 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
Interpersonal skills	Building and nurturing relationships	Students will learn to understand that some peers may be affected by dark and/or confined spaces. Students will be required to show respect towards their peers and realise how thoughts, values and judgements can impact upon others.
	Cooperating and collaborating in groups	Students will need to work together to help others through difficult areas of the cave system. At times, peers may have to help each other physically and emotionally to move through the confined spaces.
	Leading, initiating and facilitating	Students are encouraged to support and encourage others during challenges and/or predicaments by providing advice or suggestions and displaying positive behaviour.
Self-management skills	Understanding emotions	During the Caving program, students learn how they or others may feel in the dark and/or confined spaces and how to behave in a manner that is supportive and encouraging.
	Managing emotions	Students learn to realise how their attitudes, values and behaviours can affect their own and peers' attempts to stretch their level of challenge.
Skills for physical activity	Skills for recreating in the outdoors	Students learn Caving skills and techniques, whilst also learning the importance of choices such as clothing make in a cave environment.
Knowledge and understandings	Social and emotional well-being	Students are encouraged to support others' social and emotional well-being within the Caving program by acknowledging and celebrating achievements.

Caving encourages the development of the following Overarching Learning Outcomes:

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