



# Flying Fox

program resource sheet | Early Adolescence

Flying Fox allows students to traverse at high speed and at height along a steel cable spanning across a set distance (dependent upon camp). Students work in small teams to dismount peers quickly in order to attain as many opportunities as possible on the flying fox.

<b>Available at:</b>	Bickley, Ern Halliday, Point Walter and Woodman Point.
<b>Challenge considerations:</b>	Individual challenge at height, group collaboration on the ground.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, knee-length shorts, t-shirt covering midriff and shoulders, sunscreen 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:

Flying Fox 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>Interpersonal skills</b>	Communicating	Students use their communication skills to provide support and encouragement to others who may find the Flying Fox challenging.
	Cooperating and collaborating in groups	Each student must share the workload and responsibility to allow every student numerous opportunities on the Flying Fox. Students will work in small groups to help dismount the student who has traversed the Flying Fox and bring the ski line to the beginning for the next attempt.
<b>Self-management skills</b>	Understanding emotions	Some students will find the Flying Fox mentally challenging and will therefore learn more about their personal level of emotions. Students will also begin to realise that others have different levels of stress compared to their own.
	Managing emotions	Students learn strategies to help manage their own and others' emotions. They learn to be mindful of others, suspend negative judgments and how to support, encourage and aid peers in challenging situations.

Flying Fox encourages the development of the following Overarching Learning Outcomes:

