

## **Low Ropes**

**Description:** Problem solving, team involvement and fun scenarios are part of our low ropes rotation. Spiders web, Ridge Walk and Swinging Log are just some of our elements. Staff will choose a challenge that will best suit the group and teach proper spotting techniques prior to starting.

**Learning Skills:** Initiative, Collaboration, and Self-Regulation

## **Grade 5- 8: Health and Physical Education**

### **Overall:**

#### Living Skills:

- Personal Skills
- Interpersonal Skills
- Critical and Creative Thinking

#### A. Active Living

- A1. Active Participation
- A2. Physical Fitness
- A3. Safety

#### B. Movement Competencies: Skills, Concepts, and Strategies

- B1. Movement Skills and Concepts
- B2. Movement Strategies