

GUIDE TO CHOOSING ACTIVITIES FOR YOUR SESSION AIMS

	Personal Challenge	Adventure	Acquire skill for life	Confidence and Self-esteem	Social awareness	Teamwork	Leadership	Communication	Problem solving	Environmental awareness	Risk awareness	Core movement skills/Fitness	Cross-curricular learning	Accessibility
Archery	✓		✓	✓							✓	✓	✓	😊😊
Bushcraft	✓	✓	✓	✓		✓			✓	✓	✓		✓	😊😊
Climbing	✓	✓	✓	✓	✓	✓		✓	✓		✓	✓	✓	
High Ropes	✓	✓		✓	✓	✓		✓			✓	✓		
Navigation and Orienteering	✓	✓	✓	✓		✓	✓	✓	✓	✓		✓	✓	😊😊
Canoe	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	😊
Kayak	✓	✓	✓	✓						✓	✓	✓	✓	😊
Stand Up Paddleboarding (SUP)	✓	✓	✓	✓						✓	✓	✓	✓	
Giant SUP	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	😊
Rafted Canoes		✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	
Pioneering			✓		✓	✓	✓	✓	✓		✓		✓	😊
Raft Building		✓	✓		✓	✓	✓	✓	✓		✓		✓	
Sailing	✓	✓	✓	✓		✓				✓	✓	✓	✓	😊
Team Challenges			✓	✓	✓	✓	✓	✓	✓				✓	😊😊