

GUIDE TO CHOOSING ACTIVITIES FOR YOUR SESSION AIMS

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