



	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Problem Solving	Physical Education	PHSE	Physical Education	Outdoor and Adventurous activities
Activity							
Caving	*	*		*	*	*	*

Learning Objective: To introduce pupils to caving.

Description: A chance to embark on an exciting underground exploration of our man made caving system in a completely safe environment. Navigating the caving system encourages pupils to tackle new experiences and gives them confidence to adapt to unfamiliar conditions. This activity places emphasis on communication skills and requires pupils to work with others in a buddy system in order to succeed.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Correct use of personal protective equipment. • Observing general safety rules for caving. • Recognising the procedure for emergency evacuation. • Keywords : evacuation, buddy system, hatches 	<ul style="list-style-type: none"> • Recognising activity boundaries and safety areas. • To recognise the perceived risk of the activity and how this is controlled by safety equipment. • To wear the correct clothing for this activity – long sleeves, long trousers. 	<ul style="list-style-type: none"> • To prepare physically for the activity in hand. • To demonstrate a good caving technique. • To communicate effectively with others • To work effectively with others in a confined area.