



Activity

Aim: To get the whole group over/through/under an 'electric fence'.

- The whole group must stay in touch with each other throughout the activity.
- If the 'fence' is touched, the whole group must return to the start, or other forfeits are imposed.

Review & Evaluation

- Did you plan who should carry out the different tasks?
- Are there different ways of helping people across the cord/tape?

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Safety Points

- Insist on continuous contact between the group.
- Emphasise careful lifting and support, when necessary.
- Careful spotting may be needed.
- Use level clear ground.
- Check floor for sharp objects, and remove.

Equipment

- Rope/string/masking tape.
- Posts/trees to support the 'fence'.

Organisation

- The activity is suitable for 6-10 participants.
- Rope or tape tied between two fixed points.
- Set the rope/tape just below knee height if going over.
- Any lifting can be avoided by going under the fence or by setting rope/tape just off the ground and then 50cm or so above this. Participants then have to pass between both ropes/tapes.

Differentiation & Progression

- Go under the rope/tape.
- Lower the height.
- Raise the height.
- Add a second rope/tape above the first (say 50cm, which will act as a 'letter box').
- Form the team into a circle and cross the rope/tape.
- Lower the rope/tape so that you have to crawl.
- Additional equipment can be introduced to help participants get over the rope e.g. barrel, planks, poles, rope etc.

Skills & Knowledge

- Give clear concise instructions and feedback.
- Generate ideas and express them.
- Demonstrate a willingness to trust others and to accept support.
- Encourage others to achieve.
- Provide constructive support and feedback to others.
- Show initiative in the face of challenging activities.
- Take personal responsibility for not letting others

Organisation & Resources

The activity is well suited to peer observation and support.

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