

Adventure Education Study Guide #2

Problem Solving-activities that mentally challenge a group to accomplish a common goal; problem solving challenges: leadership, group involvement, communication and listening skills.

1. **Horizontal Wall** – a problem-solving activity that involved one student at a time traversing across a horizontal rock wall. Their partner spots them from behind as each student moves from rock to rock trying to figure out the most successful path.
2. **Human Knot** – a problem-solving activity that involves everyone in a group joining hands with two different classmates of the circle, then working together as a group to untangle the “human knot”. The group may not release hands during the activity.
3. **Human (reversing) Pyramid** – a problem-solving activity that involves changing a 4-3-2-1 human pyramid 180 degrees in as few moves as possible.
4. **Key Pad** – a problem-solving activity that involves the group trying various methods to punch (step on) consecutive numbers on spots as quickly as possible. One member of the group is allowed in the keypad at a time. Boundaries for this activity were predetermined depending on the space being utilized.
5. **Traffic Jam** – a problem-solving activity where a line of students must get to the opposite side of the “traffic jam” in the exact order as they started. Spots were placed on the floor to aid in the organization of this activity.

Team Building-activities that require the group to work together physically and mentally to accomplish a task; team building challenges: safety, leadership, listening skills, willingness to work as a team, accessing individual ability, and perseverance.

6. **Buddy Boards** – a team building activity where partners on wooden buddy boards (skis) have to negotiate a slalom course.
7. **Freedom Wall** – a team building activity that involves helping one student at a time, up and over the outside wooden vertical wall, until the entire class succeeds in doing so. Spotters are at the top, while the rest of the class spots from the bottom by lifting and guiding them up the wall.
8. **Islands** – a team building activity where a small group of students has to move across three separate platforms without touching the ground while only being able to use a **single board** to accomplish the task.

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Trust activities: activities that require confidence and belief in the ability of self and classmates. Trust activities teach: safety, listening skills, focus, confidence, following directions and concern for others. Students demonstrate trust by relying on classmates, overcoming their fears, and gaining confidence in order to climb the wall.

9. **Animal Farm & Food Fest** – two similar trust activities that involve classmates to partner up, pick an animal that makes noise or a combo of food that compliments one another. Partners go to opposite sides of the gym and attempt to find their partner, while blindfolded.
10. **Animal Safari** – a trust activity that involves classmates to partner up. One sighted partner must give verbal direction to their blindfolded partner to cross the animal safari.
11. **Tandem Traverse**** – a trust activity that involves **partners working together** to help hold each other up, while traversing on two separate wires that became wider apart the further the pair went.

**** (Traverse: To move sideways without any significant altitude change)**

12. **Tension Traverse**** – a trust activity that involves one student walking along a wire trying to get from one end to the other, while using a rope attached to a tree for balance. All other students in the group actively spot on either side of the wire. **“Bumpers up”** spotting technique is also used.
13. **Two Person Trust Fall** – The **first** trust activity to teach proper spotting techniques and commands. The activity is designed to develop trust between partners through a progression of backward falls. The faller demonstrates trust in their spotter by keeping their legs and back straight and falls straight backward when properly executed. The **reverse grip** is used in this activity for **safety**. It is a **method used by the faller** in trust activities by interlocking the fingers and tucking in your arms to prevent injury to the spotter.
14. **Willow in the Wind** – a trust activity that involves a small group of students (approx. 7-12) that form a circle, standing shoulder to shoulder, around a fellow student who falls in any direction and is spotted by the rest of the group with arms in **“bumpers up”** position. **“Bumpers up”** is a safety measure and spotting technique when the arms are extended with the hands open to protect the student participating. Every time the student falls **2 or more** students work together as a group to spot them

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Safety and Spotting:

Safety is the most important concept in Adventure activities.

Spotting - The safety technique used by the students to protect their classmate(s) participating in an activity. Spotting is used in problem solving, team building and trust activities. It requires the spotters' primary focus to be on the participant. Regardless of the specific spotting technique being used the primary principle is to protect the participants **head, neck, and back** by providing support in the event of a fall.

Key components of spotting:

1. **MAINTAINING EYE CONTACT WITH THE FALLER**
2. **USING THE PROPER COMMANDS (Trust Falls & Willow in the Wind):**
 - Faller:** "Ready to fall"
 - Spotter(s):** "Ready to catch"
 - Faller:** "Falling"
 - Spotter(s):** "Fall away"
3. **KEEPING A PROPER STANCE:**
 - a. Keep a staggered stance (shoulder width apart with one foot forward).
 - b. Have hands out and ready to support in "bumpers up" position.
 - c. Keep knees and elbows flexed ready to absorb a fall.

REMEMBER: The **MAIN FOCUS** of your adventure activities are: **SAFETY, COOPERATION, TEAMWORK and FUN.**