

ACTIVITY
PROBLEM SOLVING

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Problem Solving	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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Learning Objective: To introduce pupils to Night Line

Description: A firm favourite of Loch Insh activities. Nightline is a sensory deprivation exercise in which pupils are blindfolded throughout the activity. Pupils navigate their way through a series of obstacles and mazes as a group, relying heavily upon the trust and support of each other as they tackle each of the different challenges.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> • Recognising the perceived risk of the activity and how this is controlled by working with others. • To recognise how it is possible to compensate for a lost sense. • Keywords: blindfold, sensory deprivation. 	<ul style="list-style-type: none"> • Recognise activity boundaries and safety areas. • Observing general safety rules for nightline. 	<ul style="list-style-type: none"> • To communicate effectively whilst being deprived of a major sense • To listen and use remaining senses as effectively as possible. • To work with others to accomplish the task and tackle any obstacles before them.