



NUCLEAR
ADVENTURES
SCHOOLS

NUCLEAR ADVENTURES

KS1 LEARNING RESOURCES

HIGH ROPES CHALLENGE



LOtC Quality Badge





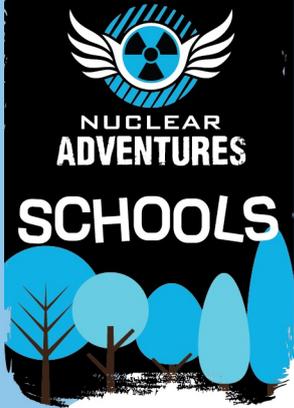
NUCLEAR
ADVENTURES
SCHOOLS

NAME :

HIGH ROPES CHALLENGE

Hello Adventurers! Before your visit to the high ropes course, let's explore some fun activities to help us get ready! First of all, let's look at some of the things you might come across at Nuclear Adventures...





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HIGH ROPES CHALLENGE

Let's have a look at different forces and think about how we can see them in action in everyday life.

1. PUSH OR PULL?

- Look at each action below. Discuss what's happening and tick if the action is a pushing or pulling one.



PUSH

PUSH

PUSH

PULL

PULL

PULL

2. EXPERIMENT - GOING DOWN!

- Drop two objects (a pencil and a ball).
- Which one got to the ground first?
- Why do you think they go down?



Do you know why heavier things drop faster?

3. EXPERIMENT - WHAT MAKES THINGS SLOW OR FAST?

When you move through the air or slide on a rope, you can go fast or slow. Carry out this quick science experiment to see what effect the shape of an item has on how it falls.

PAPER DROP TEST

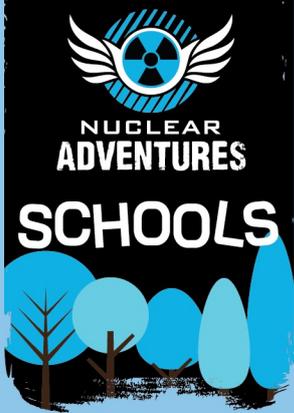
Drop these 2 items from the same height simultaneously:

- A flat piece of paper
- A crunched-up ball of paper

Which fell faster?

Which took longer?

.....



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HIGH ROPES CHALLENGE

OK, let's look at the safety equipment we'll see at Nuclear Adventures. What safety equipment do you use in your life and why?

4. SAFETY ON THE HIGH ROPES COURSE
At the activity centre, special equipment keeps you safe. See which of these items you know. Draw a line from the item to its name.

5. DESIGN YOUR OWN HIGH ROPES COURSE!

On the blank sheet, take some time to draw your very own mini high ropes adventure!

Think about all the crossings you'd like to add to your course. You could think about adding some of these crossings:

- Something to crawl through
- A rope bridge
- Something you climb
 - Something you slide down
 - A ladder

Or just think up something crazy for your course!



Carabiners

To keep you safely attached to the course.



Harness

To attach you to the carabiners safely.



Gloves

Optional, but provide extra grip.



NAME :



5. DESIGN YOUR OWN HIGH ROPES COURSE

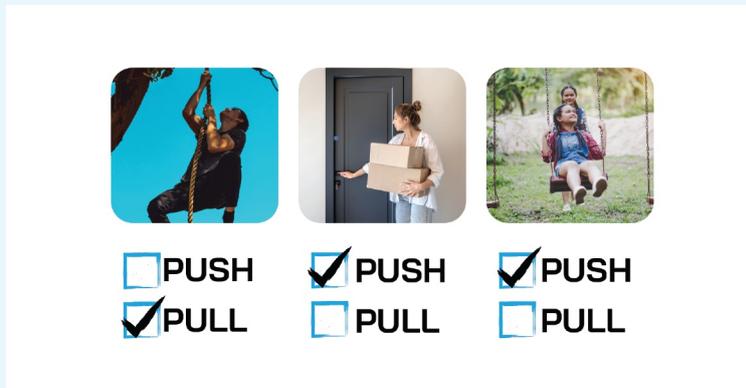
TEACHER NOTES



1. Push or Pull?

Curriculum Link:

Describe pushes and pulls and how they make things move.



2. Going Down – What Happens?

Curriculum Link:

Observe how objects fall and talk about what they notice.

Talk about gravity, and they may notice that the heavier item falls faster.

3. What Makes Things Slow or Fast?

Curriculum Link:

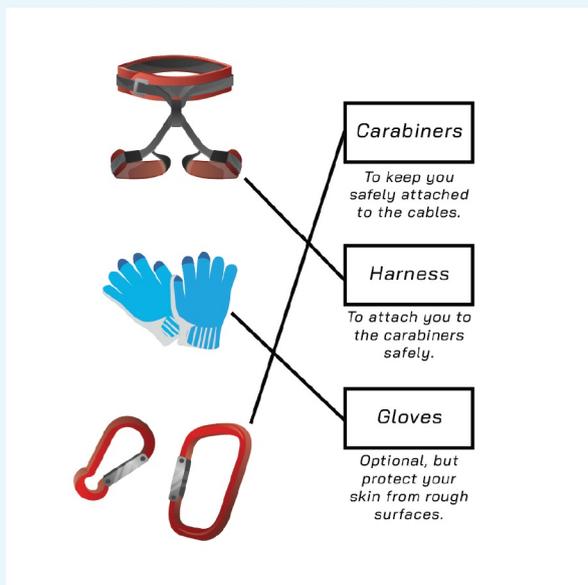
Perform simple tests and observe what happens.

Compare movement – fast and slow.

4. Safety on the High Ropes

Curriculum Link:

Identify and name everyday equipment and talk about how it helps us.



5. Design Your Own High Ropes Course!

Curriculum Link:

Use drawings to describe ideas.



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HIGH ROPES CHALLENGE

Let's get creative with our writing and write about what you might experience at the high ropes course

ACTIVITY 1: ADVENTURE WORDS

Learn new words to describe the high ropes adventure.

Look at pictures of the high ropes course and think about words to describe:

How it might **feel** (e.g., "scary," "exciting")

What you might **see** (e.g., "trees," "sky")

What you might **hear** (e.g., "wind," "creak")

Draw a picture below and write at least one word to match it.

MY ADVENTURE WORDS

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FEEL -

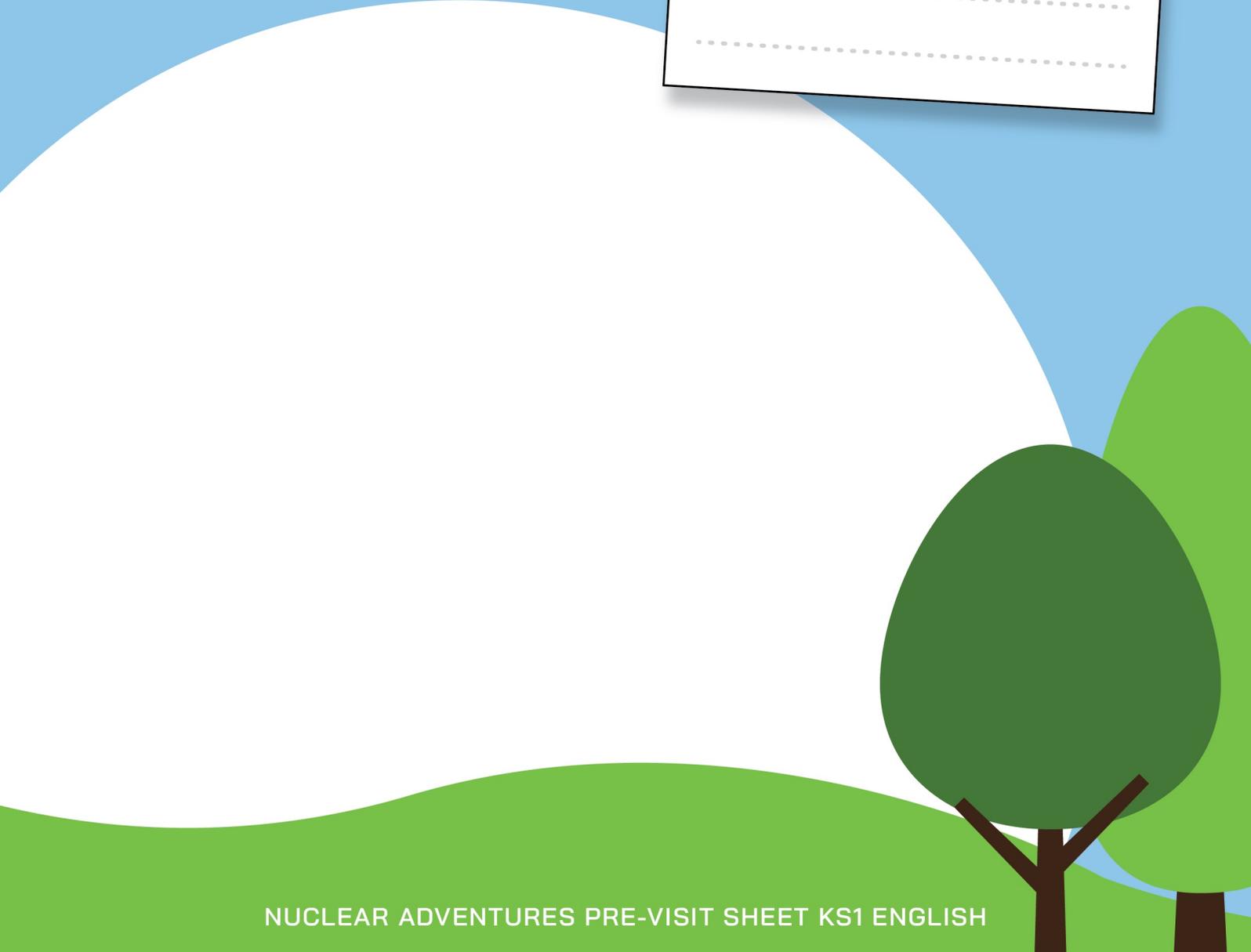
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SEE -

.....

HEAR -

.....





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HIGH ROPES CHALLENGE

Let's get a bit more creative with our writing and write or draw a short story about your exciting adventure.

ACTIVITY 2: ADVENTURE STORY STARTER

Time to tell a story about being on the high ropes.
Look at the below story starter and draw or write what happens next.
(Think about words you've used in the last activity)

"My heart went thump-thump as I reached out to grab the cold, prickly rope. I looked down at the ground and..."

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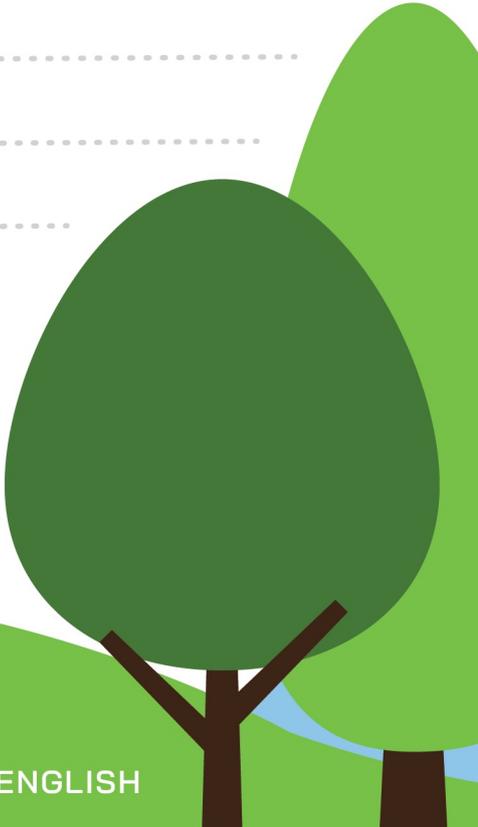
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Lets pretend we're high ropes helpers!

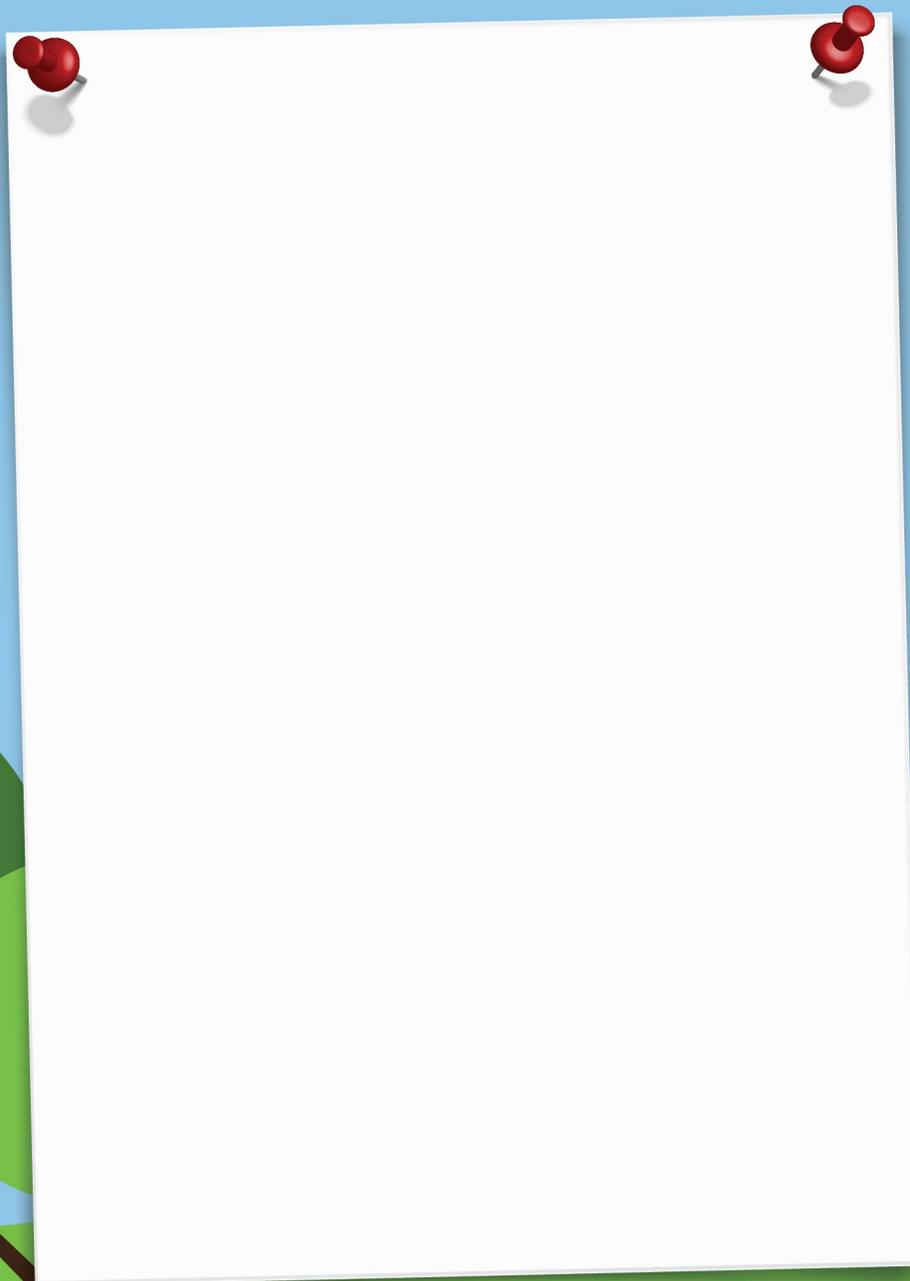
ACTIVITY 3: SAFETY RULES POSTER

Practise writing simple instructions and safety tips.

Imagine you are a high ropes helper - help by making a safety poster.

Include:

- A title (an example could be "Stay Safe!")
- 2-3 safety rules, for example: "Hold the rope" or "Wear your harness"
- Draw pictures to help people understand.





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Hopefully you had an amazing time at Nuclear Adventures, how about you write a review about your adventure?

ACTIVITY 4: MY HIGH ROPES REVIEW

Now we're going to practice writing simple sentences to describe your opinions.

Think about the trip. Can you draw a picture of your favourite part of the ropes course in the space below? Write 1-2 sentences about what you liked and what you found tricky or exciting.

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.....

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TEACHER NOTES

Activity 1: Adventure Words

Curriculum Links:

Vocabulary Development: Learn and use new words to describe feelings, places, and sounds (National Curriculum: English KS1).

Writing: Begin to use simple words in sentences.

Activity 2: Adventure Story Starter

Curriculum Links:

Writing – Composition: Sequence ideas and sentences to tell a story.

Vocabulary: Use descriptive words to describe feelings and actions.

Activity 3: Safety Rules Poster

Curriculum Links:

Writing for Purpose: Write instructions for others.

SPaG: Use capital letters, full stops, and simple verbs.

Activity 4: My High Ropes Review

Curriculum Links:

Writing – Composition: Express ideas clearly in simple sentences.

SPaG: Use capital letters, full stops, and finger spaces.