

ADVENTURES IN THE PLAYGROUND

You don't have to be on school camp to experience adventure!

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Quality Physical Education includes not only developing physical competency, but teaching skills such as working as part of a team, building trust and problem solving. These fun and meaningful learning experiences don't just have to be for school camp which may only be for one week in senior primary school, but can be a regular part of your Physical Education programme. Think of using your school playground equipment or your local community as a context for your challenges!

Adventure based learning is a vehicle for facilitating self-discovery, and the skills of living. This could be developing communication skills, assertiveness, tolerance, acceptance, and manākitanga.

Shouldn't I be teaching summer sports and athletics this term?



Consider that your physical education programme should also provide opportunities that:

- include all student's needs and interests (not just the sporty kids)
- teach social and co-operative skills (which are needed in many other game forms).

Adventure based learning can address any of these Achievement Objectives

- A2: Regular physical activity
- A3: Safety management
- B2: Positive attitudes
- B4: Challenges and social and cultural factors
- C1: Relationships
- C3: Interpersonal skills
- D2: Community resources

Key concepts that can be taught through adventure activities

Positive interaction

- Helps build team cohesion
- Motivates team members
- foundation for learning

Safety in the outdoors

- Ākonga develop safety plans in groups
- Apply critical thinking and action

Problem solving

- Brainstorming
- Think-pair-share
- Thinking outside the square

Group decision making. Kaiako can help children consider and reflect on:

- Who should make the decision?
- What information is needed to make the decision?
- How do you ensure that different views are considered?
- What is the method for making the decision?



Positive interdependence

Understanding that their individual success is linked to the success of every other member of the group.

Group-work skills

- Taking turns
- Working towards a common goal
- Understanding and taking on team roles
- Working strategically together

Cooperation

Working together for mutual benefit.

- sharing
- following instructions
- taking turns

Teachers can scaffold the learning by

- being a good role model
- cultivate positive interactions amongst children
- discussing positive interactions. What do these look like/sound like/feel like?
- reinforce positive interactions
- ensuring support and praise is genuine and authentic.

Try these activities

- [Night Train](https://penz.org.nz/wp-content/uploads/2021/05/Movewell-Booklet-2-Cooperative-Games.pdf) (from MoveWell, Activity 2.9, page 80 <https://penz.org.nz/wp-content/uploads/2021/05/Movewell-Booklet-2-Cooperative-Games.pdf>)
- [Blindfold Obstacle Course](#)
- [Team Orienteering Challenge](#)
- [Crossing Bridges](#)
- [Lily Pad Hop](#)