



PSHE Personal Social Health and Economic Education

When you take part in a Waterpark or Mud Trail activity at Dorset Adventure Park, you will be asked to “buddy up” in a group of 2 or 3. This will be your buddy or buddies for the whole time you are on the activity. You must help each other and stick together.

PRIMARY

Before you start your activity, discuss the following with your buddy or buddies...

- Why do you think it is important to buddy up?
- How do you think you will be able to help your buddy or buddies?
- What help do you think you will need from your buddy or buddies?
- How will you know when your buddies need help?

When you have finished your activity, discuss the following with your buddy or buddies...

- Did you stay with your buddy or buddies for the whole session? If not why not?
- Do you think taking part with your buddies makes it more fun?
- What are the health benefits of a Waterpark or Mud Trail session?
- What makes a buddy relationship work well? Listening? Trust? What else?
- How did teamwork make it easier for you all?

SECONDARY

The definition of teamwork is “The collaborative effort of a group to achieve a common goal or complete a task in the most effective and efficient way.”

Before you start your activity, discuss the following with your buddy or buddies...

- Discuss and agree on your teamwork goals. What is your strategy for completing the activity going to be? For example slow and steady or as fast as possible?
- How will you know when one of you is struggling and needs help?
- What factors do you think contribute to making the best teams? For example trust, what else?

When you have finished your activity, discuss the following with your buddy or buddies...

- Why is outdoor physical exercise so important for young people?
- Discuss the teamwork goals you set earlier. Did you achieve them and how?
- Discuss the factors that you identified as being important to great teamwork. Which did you achieve and which didn't you achieve?
- What were your individual strengths when working as a team?
- Are there any elements of your teamwork that you think you could have improved on?