

# PSHE Personal Social Health and Economic Education

When students arrive at the Aqua Park they will be given a safety briefing, before they can use the park. One of the most important things for safety is that they “buddy-up”, as they go around the park.

## AP Rookie

Before you go onto the park discuss:

- How can you support and help your friends as you go around the park?
- Will you need any support from your group?
- Identify why it is important to buddy-up.

After you have used the park discuss:

- Did you show each other respect and help each other as you went around the park?
- How did teamwork make it easier for you all?
- Did you stay with your ‘buddy group’ for the full session? If not why not?
- What is important to make a buddy relationship work well? Trust? Respect?
- How does sharing it with buddies make it more fun?
- Can you use any of these skills in other areas of your life?
- What are the health benefits of a session on the Aqua Park?

## AP Hero

**Teamwork:** The collaborative effort of a team to achieve a common goal, or complete a task in the most effective and efficient way.

- Can you agree your teamwork goals with your buddy group before you go out onto the park?
- For example; are you all going to try and tackle every obstacle? Is your group going to take it slow and steady, or try to go around the park as fast as possible?
- Plan how will you let one another know if you are struggling, or getting tired.
- Who can help you to get the most from the Aqua Park?
- Evaluate together at the end of the session: how did it go working together?