



Brief Description

This is a team work activity where participants climb a vertical cargo net that is hung between two trees, while their team mates control the ropes by belaying and safely lowering the climbers. Two climbers may attempt the cargo net at once, so it can be a competitive race, or an individual challenge.

PSHE and Wider Learning Outcomes

- Setting personal challenges
- Empathy
- Team-work
- Communication
- Focus
- Responsibility

Session Objectives

By the end of the session, students will

- Be able to belay and understand how to keep a climber safe
- Have attempted to climb the cargo net and have pushed personal boundaries
- Know how to put on a climbing harness and climbing helmet
- Learned ways in which to verbally support team mates

National Curriculum Outcomes

Science (Forces): Identify the effect of friction, that acts between moving surfaces

Physical education: develop flexibility, strength, technique, control and balance

Progression / Differentiation

The angle of the net can be altered to make it easier to climb, and team mates can be employed to help hold the net to increase its stability. If any individuals are struggling with climbing the net and don't want to attempt again, they can take a key role in the belay teams.

Anyone who finds the climbing less challenging, can race other team mates or undertake timed climbs to try and beat their personal best.

Vocabulary

Net, climb, belay, harness, anchor, ropes, trees, anchor, slack, pull, helmet, safety