



Brief Description

Rock Climbing sessions cover the basic fundamental techniques of climbing i.e warming up, movement, balance, weight transfer and agility. This is often combined with learning new rope skills and techniques. Sessions aim to be fun, challenging and a positive experience.

PSHE and Wider Learning Outcomes

- Working with a partner or team
- Build confidence throughout the session
- Assessing risk to self and others, therefore taking responsibility for their own safety and others in group.
- Develop physical attributes and skills
- Improve self-confidence by pushing physical and mental limits.

Session Objectives

By the end of the session, students will have

- Completed an appropriate warm up
- Improved climbing technique and understand what constitutes good use of foot and hand holds
- Improved knowledge of climbing,
- Understand how to spot and keep both themselves and peers safe.
- Potentially learn new knot, and belaying using ropes.

National Curriculum Outcomes

Physical education: movement, balance, exercise

English: listen and respond appropriately to adults and their peers

Forces: explain that unsupported objects fall towards the Earth because of the force of gravity acting between the Earth and the falling object

Forces: identify the effect of friction, that acts between moving surfaces

Rocks: Compare and group together different kinds of rocks on the basis of their appearance and simple physical properties

Progression / Differentiation

Rock Climbing challenges can be altered depending on group or individual skill level.

Progress to use of ropes, belaying, knot tying techniques

Depending on climbers ability can learn more climbing techniques

Vocabulary

Climbing: crimps, jugs, smears, layback, bridging, foot and hand jam, flagging

Equipment: hand and foot holds, rope, belay plate, carabiners, matt

Safety: climbing calls- on belay, climb when ready, climbing, slack, rope tight, lean back, slower.

