



Ascending

program resource sheet | Middle Childhood

Ascending is a sequential program that has been developed as a progression for groups which possess basic skills and understanding in roping. Completed over three sessions, this program covers rope safety revision, from fitting a harness to correct use of ascending and descending devices and techniques. Students learn specialist equipment care and safety loads. In addition students experience advanced ascending and descending skills and techniques including prussiking and transferring between ropes.

Available at:	Ern Halliday.
Challenge consideration:	Individual and group challenge requiring challenge at height and body coordination.
Pre-requisites:	Basic knowledge and skills in rope tying and safety.
Duration of program:	3 x 90 minute sessions.
Items required:	Enclosed shoes, knee length shorts, shirts with sleeves which also cover a person's midriff, water bottle and sunscreen.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights. Social and civic responsibility.

Program links

Ascending allows students to practice and demonstrate the following content. Students may be assessed, however it is important that these skills have been covered in previous learning program.

Outcome	Content	Elaboration
Self management skills	Understanding emotions	Students learn to realise how their attitudes, values and behaviours can affect the groups and their own performance.
	Managing emotions	Students learn to manage their stress levels due to the fears they face whilst being challenged at heights.
	Monitoring and evaluating	During and after the activity, are able to evaluate their emotions and are able to discuss them to improve their awareness of their own capabilities.
Interpersonal skills	Communicating	Students learn to effectively communicate with others to make them feel safe and supportive.
	Building and nurturing relationships	Students need to learn and apply appropriate group behaviours such as being supportive and encouraging when mistakes occur or to look after a team member if they are struggling.
	Cooperating and collaborating in groups	Students will need to take a specific role within the group (personal responsibility), consider each others strengths and weaknesses, accept differences and negotiate their thoughts in a clear and concise manner.
	Leading, initiating and facilitating	Some students will lead and facilitate decisions for positive group outcomes.
Skills for physical activity	Balance and stability	Students learn how to adjust body position to ensure their centre of gravity is over their base of support while ascending and descending. They must also control and coordinate body movements to successfully perform the variety of ascending and descending activities.
	Forces and motion	Students must learn how to apply their knowledge and skills in roping including altering grip, change body position and control excessive movement, which may affect the degree of difficulty whilst ascending, descending and transferring between ropes.

Ascending meets the following Overarching Learning Outcomes:

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