



Jacobs Ladder

program resource sheet | Early Adolescence

Jacobs Ladder involves groups of two or three students climbing up a nine metre ladder suspended from the roof. The rungs of the ladder are made of logs with an approximate diameter of 45 centimetres, increasing in distance as they get higher. Jacobs Ladder will force students to work together and support each other as they attempt to reach the top.

Available at:	Ern Halliday.
Challenge considerations:	Group and individual challenge at height.
Duration of program:	90 minutes.
Items required:	Enclosed shoes, knee-length shorts, t-shirt covering midriff and shoulders, sunscreen (if outside) and water bottle.
Focused Core Shared Values:	<ul style="list-style-type: none"> Respect and concern for others and their rights.



Program links:

Jacobs Ladder allows students to practise and demonstrate the skills listed below. Students may be assessed, however it is important that these skills have been covered in a previous learning program.

Outcome	Skill	Elaboration
Interpersonal skills	Communicating	Communication is of significant importance when peers are attempting the Jacobs Ladder challenge. Climbers, belayers and back-up belayers must listen and communicate clearly to ensure successful climbing and safety. Students on the ground learn to understand the emotional states of the climbers by reading their body language and verbal cues. Students practise various methods to effectively communicate and support them.
	Cooperating and collaborating in groups	Students in a group of three are required to establish and aim to implement their plan to successfully climb the Jacobs Ladder. They are required to offer advice and learn to be unselfish in helping their peers.
	Leading, initiating and facilitating	Students will be encouraged to undertake leadership responsibilities in order to organise and manage their peers, provide advice and promote effective group dynamics. Students must also be supportive and encouraging of those who are affected emotionally by the pressure of the challenge.
Self-management skills	Understanding emotions	Jacobs Ladder enables students to understand others' emotions as they are affected by the perceived risks and physical challenges of the program. They are able to use the challenge to enhance their personal capacity when facing future individual and team challenges.
	Managing emotions	Students learn proactive strategies to cope with intense emotions and how to track challenges and thoughts associated with the perceived risk. They also learn how assumptions and judgements may impact on their chances of being successful.
Knowledge and understandings	Growth and development	The Jacobs Ladder program builds the teamwork skills and personal self-confidence of students in order to help them face difficult future challenges. Students use various strategies to overcome personal challenges and can apply these techniques in the future.

Jacobs Ladder encourages the development of the following Overarching Learning Outcomes:

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