



# Rock Climbing

program resource sheet | Early Adolescence

Rock Climbing requires students to ascend a variety of artificial walls whilst being belayed by peers within their group. Each student learns how to belay a climber and perform pre-climb checks for maximum safety. Our climbing walls cater for a variety of students, from simple climbs to the difficult for those looking for an extreme challenge.

<b>Available at:</b>	Bickley, Ern Halliday and Woodman Point.
<b>Challenge considerations:</b>	Individual (climber) and team critical thinking challenge at height requiring body coordination.
<b>Duration of program:</b>	90 minutes.
<b>Items required:</b>	Enclosed shoes, knee-length shorts, t-shirt covering midriff and shoulders, sunscreen (if outside) and water bottle.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <li>Respect and concern for others and their rights.</li> <li>Social and civic responsibility.</li> </ul>



## Program links:

Rock Climbing 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
<b>Interpersonal skills</b>	Communicating	To be effective in this program, students must learn to understand the emotional states of the climber and actively listen and communicate with them to ensure each climber ascends effectively and safely.
	Building and nurturing relationships	Students will need to be respectful of others as some students may be affected by the height challenge. They will also need to build trust with their peers as the person belaying is responsible for the climber's safety.
	Cooperating and collaborating in groups	Students work in small groups and each has to meet a personal commitment to others for safety purposes and to achieve their personal climbing goal. They are also able to 'peer teach' to enhance other group members' climbing performance.
	Leading, initiating and facilitating	Students demonstrate leadership skills, including support and encouragement of others, to meet or exceed their level of challenge when ascending the Rock Climbing wall.
<b>Self-management skills</b>	Understanding emotions	Students explore and understand the possible stresses or emotions of the climber. They learn to realise the significance of their behaviour and actions on the ground.
	Managing emotions	Understanding and awareness of others' stress and emotions requires students to develop proactive strategies that can be applied to manage their own and others' emotions.
<b>Skills for physical activity</b>	Skills for recreating in the outdoors	All students learn and demonstrate safety skills and techniques to competently belay and artificial rock climb.
	Balance and stability	Whilst climbing, students learn how to adjust body position to keep their centre of gravity over their support base and refine their technique to successfully ascend the Rock Climbing wall.

Rock Climbing encourages the development of the following Overarching Learning Outcomes:

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