



Rock Climbing

program resource sheet | Middle Childhood

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 more difficult for the climber looking for an extreme challenge.



Available at:	Bickley, Ern Halliday and Woodman Point.
Challenge considerations:	Individual (climber) and team critical thinking challenge at height requiring body coordination.
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:

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
Interpersonal skills	Communicating	To be effective in this program, students must actively listen. Clear communication between the belayer and the climber is vital. Students must converse with their peers whilst they are climbing on the wall to support their safe ascent.
	Building and nurturing relationships	Students will need to show compassion and 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 their peers for climbing safety and to meet their personal goal.
	Leading, initiating and facilitating	Students are encouraged to support and encourage others through challenges and/or predicaments by providing advice or suggestions and displaying positive behaviour.
Self-management skills	Understanding emotions	Students explore and understand the emotions of the climber. They learn to realise the significance of their behaviour and actions on the ground.
	Managing emotions	The understanding and awareness of different emotions allows students to develop strategies to manage their own and support others' emotions.
Skills for physical activity	Skills for recreating in the outdoors	All students learn and demonstrate the safety skills and techniques required to competently belay and artificial rock climb.
	Balance and stability	Whilst climbing, students practise adjusting body position and learn to control and coordinate their movements to successfully ascend the climbing wall.
	Forces and motion	To be an efficient climber, students must learn correct climbing techniques, including staying close to the wall, keeping the points of contact and using their legs more than their arms during the program.

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

