



# Vertical Ascent/Challenge

program resource sheet | Early Adolescence

**Vertical Ascent/Challenge is a program requiring students to ascend a variety of artificial elements whilst being belayed by peers within their group. Each student attempts to climb various elements, which may include the cargo net, caving ladders and the wobbly wall. Each student learns how to belay a climber and perform pre-climb checks for maximum safety. Elements vary in level for all students, from simple to more difficult climbs for those looking for an extreme challenge.**

<b>Available at:</b>	Ern Halliday, Point Walter and Woodman Point.
<b>Challenge considerations:</b>	Individual (climber) and team 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. All long hair must be tied back.
<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:

Vertical Ascent/Challenge 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	The use of clear and effective communication skills between the belayer and the climber are vital to students' success in this program. Students have to actively listen to their peers whilst climbing the various elements to aid in 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 to aid in the planning and implementation of each individual's set goal. Each group member must share responsibilities in belaying, back-up belaying and climbing. They must also support and encourage each other for positive outcomes.
	Leading, initiating and facilitating	Leadership skills are encouraged including managing and organising members in their group, providing advice and being supportive and encouraging when peers are facing dilemmas and challenges.
<b>Self-management skills</b>	Understanding emotions	Students explore goal setting and the effect it can have on their capacity to complete a challenge. Students also realise the significance of being supportive and encouraging to their peers' self-confidence.
	Managing emotions	Students practise and learn how proactive strategies can help to manage their emotions, and their significance in attempting difficult situations.
<b>Skills for physical activity</b>	Balance and stability	Students learn how to adjust body position to ensure their centre of gravity is over their base of support while climbing. They must also control and coordinate body movements to successfully ascend the various climbing elements.
	Forces and motion	To climb successfully, students must learn how to alter grip, change body position and control excessive movement, which may affect the difficulty of climbing and ascending each element.

Vertical Ascent/Challenges encourages the development of the following Overarching Learning Outcomes:

