



# Vertical Ascent/Challenge

program resource sheet | Middle Childhood

**Vertical Ascent/Challenge is a program requiring students to ascend a variety of artificial elements whilst being belayed by peers in 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 and Point Walter.
<b>Challenge considerations:</b>	Team and individual (climber) height challenge.
<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. Long hair must be tied back.
<b>Focused Core Shared Values:</b>	<ul style="list-style-type: none"> <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	To be effective in this program, students must listen closely and communication between the belayer and the climber must be clear. Students must converse with their peers whilst climbing the various elements to ensure their safe ascent and descent.
	Building and nurturing relationships	Students will need to demonstrate empathy and be respectful to 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 so they can 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.
<b>Self-management skills</b>	Understanding emotions	Students explore goal setting and the effect it can have on their and others' emotions. Students also realise the significance of being supportive and encouraging their peers.
	Managing emotions	Students learn and practise various strategies that help manage emotions (e.g. planning or taking a few deep breaths) which are significant in attempting difficult situations.
<b>Skills for physical activity</b>	Balance and stability	Whilst climbing, students practise how to adjust their body position and control and coordinate their movements to successfully ascend the various climbing elements.
	Forces and motion	To climb successfully, students must learn how their body and its various positions may affect the difficulty of climbing and ascending each element.
<b>Knowledge and understandings</b>	Social and emotional well-being	Individual and group achievements are celebrated within the Vertical Ascent/Challenge program, which aids in developing students' self-confidence and encourages them to attempt difficult challenges in the future.

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

