

## Rock On! Using a Climbing Wall in Physical Education and Beyond



### **Learning Objectives:**

After attending this presentation, participants will be able to:

- Facilitate a variety of climbing wall activities, including lessons that link Physical Education with other subject areas.
- Identify ways to add climbing wall activities to the day -- before, during and after school.
- Engage staff, families and the community in rock climbing.

### **CLIMBING IN PHYSICAL EDUCATION**

- Regular use: Warm-up activity, Station, Fitness Friday, Rainy Day Activity
- Occasional/Intermittent Use: Climbing Wall Unit, Obstacle Course, Challenge/Award

### **CLIMBING BEFORE AND AFTER SCHOOL**

- Coordinate with child care or host a climbing club

### **CLIMBING DURING SCHOOL**

- Share climbing wall with classroom teachers: Brain energizers, rewards, integrated with classroom learning

### **CLIMBING WITH STAFF**

- Wellness Initiative, Staff Challenge, Team Building

### **CLIMBING WITH FAMILIES & COMMUNITY**

- Community Education Classes/Clubs, Family Events, PTO/PTA Events, Partnering with sports teams or clubs

## ACTIVITIES

### Math & Climbing

**Materials/Prep:** Numbers on the climbing wall, placed high and low

**Grouping:** Whole class

**Activities:**

- Pull a card with a math problem on it and climb to the answer. (Pull  $5 \times 2 =$ . Climb to 10.)
- Climb using only holds labeled with certain numbers (even/odd, multiples of 3, equivalent fractions, etc.)
- Stop at each panel and add the numbers next to the holds you're using for both feet and hands.
- Climb to and touch all the numbers in your address or phone number.
- Pull a card with a number on it and climb to numbers that will make it. (Pull 15. Climb to 5 & 3 or 10 & 5).

### Literacy & Climbing

**Materials/Prep:** Letters or words on the climbing wall, placed high and low

**Grouping:** Whole Class

**Activities:**

- Climb to the letters in your name (first/middle/last).
- Climb to the letters in a spelling word told to you before you begin climbing.
- Climb to the vocabulary word whose definition is told to you before you begin climbing.
- Roll a die and whatever number you get, read that number of sight words that are on the climbing wall. (Roll a 3. Read 3 words.)
- Find the pairs of synonyms and antonyms on the climbing wall.





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## TARGET PRACTICE

**Materials:** Bean bags & Hula Hoops

**Grouping:** Whole Class

**Activity:** Climbers remove bean bags from climbing wall and toss into Hula Hoop targets.

**Variations:**

- Toss balls into buckets
- Vary the location of the hoops (near & far)
- Assign point values to targets and have climbers keep track of their scores



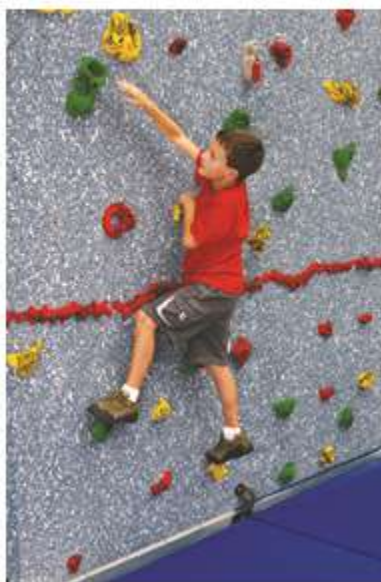
## TAP IT CHALLENGE

**Materials:** None

**Grouping:** Partners

**Activity:** Non-climbing partner chooses 2 footholds and 1 hand hold to use. Using The free hand, the climber will tap as many holds as possible, while staying on the 3 designated holds.

**Variation:** Try the same activity, but using 2 hand holds and 1 foothold. Tap with the free foot.





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## WILD TRAVERSE

### Materials:

- Bucket filled with light-weight material
- Yarn to create obstacles

### Grouping: Partners

**Activity:** Climbers transport "precious cargo" while navigating obstacles on the climbing wall.

### Rules:

- Climbers' feet may not touch the mats once they have mounted the climbing wall.
- The bucket must be in the hands of one partner, and off the mats, at all times during the activity.
- If the bucket or foot of a climber touches the mats, the partners must begin the climb again.
- If an obstacle is touched, or not successfully navigated under, over or around, the partners must begin the climb again.
- If the contents of the bucket spill, the partners must begin the climb again.

**Variation:** Start with an empty bucket and collect bean bags placed on hand holds, while also navigating the obstacles.



## GO GECKO CHALLENGE

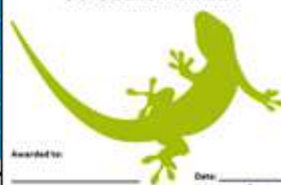
### GO GECKO CHALLENGES



As you complete challenges, mark the date and get a signature.

NAME: _____			
CLIMBING CHALLENGES		Date	Signature
1	Climb entire wall moving right to left		
2	Climb entire wall moving left to right		
3	Climb entire wall across and back without stepping off		
4	Complete Hula Hoop Haven with one other person		
5	Play Climbing Wall Twister with a partner		
6	Climb entire wall using only one color hold		
7	Climb entire wall with two hands and one foot		
8	Climb entire wall in under _____ seconds		
9	Climb entire wall using no more than _____ holds		
10	360 climb – Climb wall rotating front to back the whole way		

### GO GECKO AWARD



Awarded to: \_\_\_\_\_

Date: \_\_\_\_\_

# GO GECKO CHALLENGES

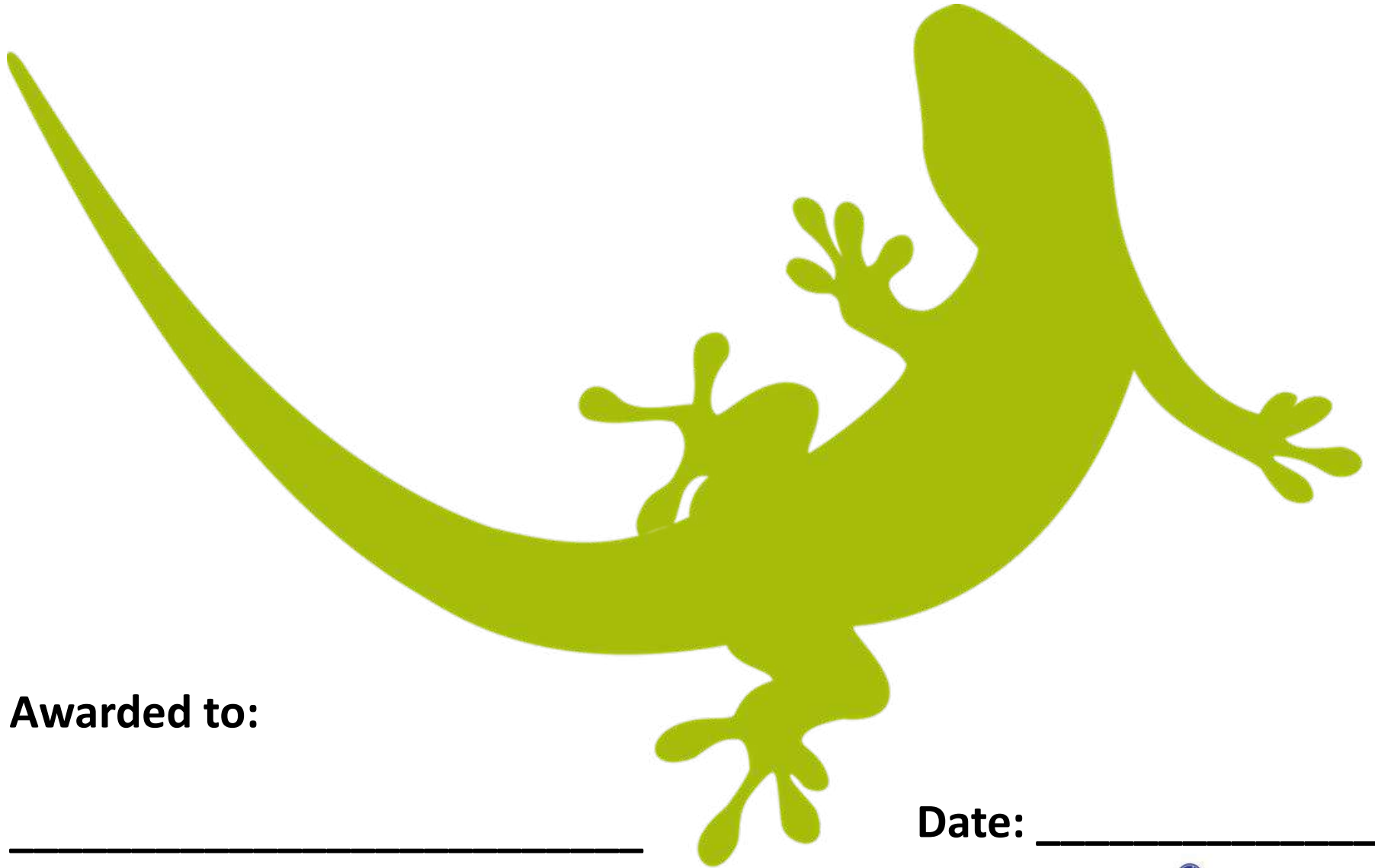


As you complete challenges, mark the date and get a signature.

Name: \_\_\_\_\_

Climbing Challenges		Date	Signature
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

# GO GECKO AWARD



**Awarded to:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_