

School of Rock...Climbing: How to *Rock* Your Traverse Wall
Presented by Everlast Climbing

EVERLAST CLIMBING
#STAYSAFE #STAYFIT

SCHOOL OF ROCK...




CLIMBING

How to 'Rock' Your Traverse Wall

Warm-Up Questions

- What grade level(s) do you teach?
- Do you have a climbing wall?
- What is your experience with climbing?
- What key learnings do you hope to achieve?



Presentation Overview



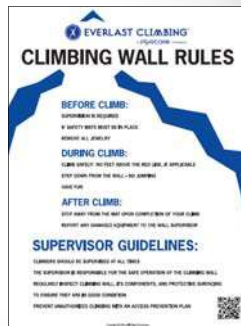
- Safety
- Organization & Tips
- Climbing technique
- Activities
- Reflection
- Assessment
- Sharing Ideas & Questions

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Climbing Wall Safety



Climbing Wall Operation



Ongoing Maintenance

- Regular inspections
 - Hand holds
 - Mats
 - Panels
- Repairs
- Cleaning

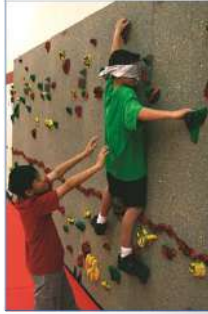


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Organization & Tips

- Spotting:
 - Four duties:
 - Safety
 - Enforce the red line/max. foot height
 - Encourage, support & help
 - Remind climber to climb down: no jumping!
 - Body position
 - 18" away from the climbing wall
 - Athletic stance with legs
 - Arms out and ready
 - Eyes watching climber all the time
 - Communication:
 - Climber: "Spotter ready?"
 - Spotter: "Spotter is ready."
 - Climber: "Climbing?"
 - Spotter: "Climb on."



Organization & Tips, Cont'd

- One climber per panel
 - 40-foot long wall = 10 climbers at a time
- No long lines--Start on the wall anywhere, not just ends
- Move right to left & left to right
- Cooperation and competition
- Differentiation:
 - Rainbow Route = use all colors
 - Route Climb = use one color
 - "Borrow a hold" outside the color of the route
 - "Borrow the floor"



Climbing Technique

Body position

- Climb with legs first
- Hips close to wall
- Climb facing wall or sideways
- Knees slightly bent
- Maintain 3 points of contact

Arms & Hands

- Maintain balance
- Lightly grip hand holds
- Rest by straightening arms and shaking out hands

Legs & Feet

- Hold the weight
- Use inside or outside edge of foot



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Traverse Wall Activities



"The kids love the wall and the different activities that can be done makes it very justifiable to the program."
- Steve Wendell, Gibbon Elementary School, Gibbon, NE

Welcome to the Wall

Materials: None

Grouping: Whole Group,

Activity: Students walk along the wall placing hands on hand holds. This helps them think about hand placement without the added challenge of climbing.

Variation: Place masking tape or poly spot markers on the mats to practice foot placement.

Levels the playing field!



Welcome to the Wall



Kindergarten "Bubble Walk" variation with spots for feet!

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Climb Ups & Climb Downs

Materials needed: None

Grouping: Whole group, with one climber per panel

Activity: Students climb up and climb down their one panel, getting a feel for what it's like to climb. Their feet should go no higher than three feet from the mats.

Variation: For a greater challenge, have climbers use one color hold.



An introduction to climbing.

Sarah Says

Materials needed: None

Grouping: Partners

Activity: The climber follows the commands preceded by "Sarah says." Examples:

- "Sarah says, put your right hand on a red hold."
- "Sarah says, climb down as low as you can."

Partners switch roles when errors are made.



Requires listening skills and coordination!

Relay Race

Materials needed: Masking Tape

Grouping: 2 teams

Activity: Divide the wall in half with tape. Each team will traverse the wall from one end to the center and back.



Variation: Time the teams and have them repeat the activity trying to beat their personal best times.

Speed and endurance are put to the test!

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Elimination

Materials needed: Masking Tape

Grouping: 2 teams

Activity: Divide the wall in half using tape. Give each team tape and ask them to mark off 10 holds that the other team will not be able to use in their climb. Each team then attempts to climb their half of the wall, relay race style. Then switch sides.



Requires cooperative work & problem solving!

Climbing Obstacle Course

Materials needed: Hula-hoops, tape, bungees, string or Challenge Course

Grouping: Whole class

Activity: Climb over, under, around or through various obstacles.

Requires problem solving and flexibility!



Climbing Obstacle Course



Hula hoops!



Challenge Course!

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Wall to Cone to Wall

Materials needed: Bean bags and soft cones

Grouping: Whole group

Activity: First climber removes bean bags from the wall and places them on cones. Next climber removes bean bags from cones and places on wall. Continue in this way.

Calls for strength and coordination!



Wall to Target

Magna Flags!



Frisbees!



Hula-Hoop Haven

Materials needed: Hula-hoops

Grouping: 2-4 people

Activity: Climbers traverse the wall connected with hula hoops.

Variations: Place a time limit or try it without talking!



Involves teamwork and problem solving!

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Connected Climbing



Variation of Hula-Hoop Haven with jump ropes tucked into shorts.

Climbing in the Night

Materials needed: Blindfolds

Grouping: Partners

Activity: The climber is blindfolded and climbs with verbal assistance from a guide who also acts as a spotter. Switch roles once traverse is completed.



Variation: Climbers close eyes for as long as they can instead of blindfolds.

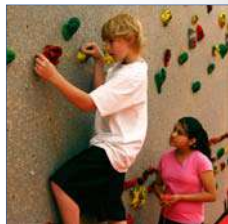
Taking positive risks & building trust!

Climber's Spider Web

Materials needed: Balls of yarn

Grouping: Partners

Activity: One partner holds a ball of yarn while the other climbs the wall with the loose end of yarn. The climber creates interesting shapes with the yarn by wrapping it around hand holds and connecting to other holds. Partners switch roles.



Note: For safety, use only hand holds only to create the web, not foot holds.

Bring some creativity to climbing!

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Additional Learning

Materials needed: Markers, chalk, magnets, words on cards, objects, etc.

Grouping: Partners, teams or whole group

Activity: Choose a topic and create a scavenger hunt, spelling game, word hunt, etc.



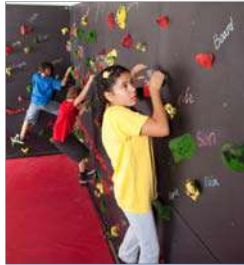
Parts of Speech Climb

Materials needed: Words (nouns, verbs, adjectives, etc.) on the wall

Grouping: Whole class

Activity: Climbers use only holds labeled with words from a certain part of speech, such as verbs.

Variation: With partners, have students use any hand hold and identify what the part of speech is as they climb.



Special Numbers Climb

Materials needed: Numbers on the wall

Grouping: Whole class

Activity: Climbers use only holds labeled with certain "special Numbers." For example:

- o Even/odd numbers
- o Multiples of 3 or 5
- o Factors of 30 or 40
- o Equivalent fractions



The Art of Reflection

- Questions before, during and after climbing
- Post-climbing group processing
- Journaling



Assessment

- Many options for formative and summative assessments:
 - Checklists & rubrics
 - Goal-setting & tracking
 - Educator observations
 - Self-assessment
 - Reflections





Share Ideas
&
Questions



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