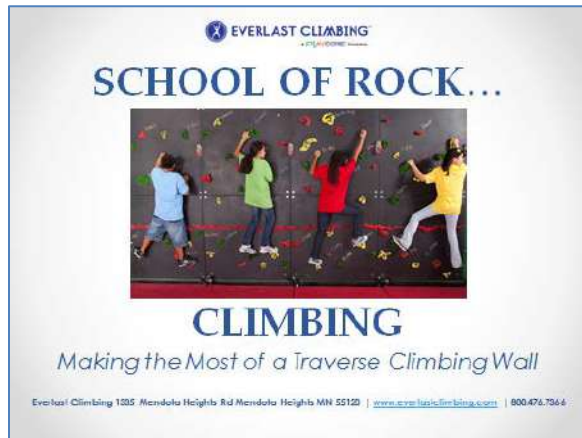


SCHOOL OF ROCK...CLIMBING: How to “Rock” Your Traverse Wall







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



Welcome to the Wall

Grade Levels: K-6

Objective: To familiarize students with a traverse climbing 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!



Climb Ups & Climb Downs

Grade Levels: K-6

Objective: To demonstrate proper climbing technique while climbing up and down on the Traverse Wall

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.



Simon Sez

Grade Levels: K-6

Objectives: To climb and move according to rules, problem solve, communicate, take turns

Materials needed: None

Grouping: Partners

Activity: The climber follows the commands given by Simon.

Example: "Simon says, put your right hand on a red hold." Partners switch roles when errors are made.

Variation: Have premade cards with commands so students don't have to create them on the spot.



Requires listening skills and coordination!

Relay Race

Grade Levels: K-6

Objectives: To demonstrate proper climbing technique, climb quickly, develop endurance, problem solve, communicate, take turns, follow rules

Materials needed: 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!

Elimination

Grade Levels: K-6

Objectives: To work as a team, demonstrate proper climbing technique, climb quickly, develop endurance, problem solve, communicate, take turns, follow rules

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

Grade Levels: K-6

Objectives: To further develop climbing technique, problem solving, flexibility, coordination

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!

Wall to Cone to Wall

Grade Levels: K-6

Objectives: To further develop climbing technique, problem solving, strength, flexibility, coordination, problem solving

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!



Hula-Hoop Haven

Grade Levels: K-6

Objectives: To work as a team, further develop climbing technique, coordination, communication, problem solving

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!

Climbing in the Night

Grade Levels: K-6

Objectives: To demonstrate proper spotting technique, work as a team, further develop climbing technique, communication, trust, problem solving

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 after climbing.

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



Taking positive risks & building trust!

Climber's Spider Web

Grade Levels: K-6

Objectives: To work as a team, further develop climbing technique, creativity, problem solving

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 shapes, not foot holds.

Bring creativity to climbing!

Additional Learning

Grade Levels: K-6

Objectives: To integrate climbing with other subject areas

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

Grade Levels: 3-6

Objectives: To demonstrate an understanding of parts of speech while rock climbing

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: For younger students, label holds with letters only, or simple words, and have them read them as they climb.



Special Numbers Climb

Grade Levels: K-6

Objectives: To demonstrate an understanding of math concepts while rock climbing

Materials needed: Numbers on the wall

Grouping: Whole class

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

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