

<b>ACTIVITY</b>
<b>CLIMBING</b>

Key Skills			National Curriculum		Q.C.A.	
Communications	Working with others	Improving own learning and performance	Physical Education	PSHE	Physical Education	Outdoor and Adventurous Activities
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**Learning Objective:** By the end of this session you will have experienced an ascent and descent of the climbing tower and be able to demonstrate a variety of climbing techniques.

**Description:** The climbing wall and towers are amongst the most challenging and satisfying of our adventure activities in terms of individual achievement. Climbing provides the ideal opportunity to develop co-ordination, stamina and determination, whilst learning basic climbing skills and techniques.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> <li>• Recognising the perceived risk of the activity and how this is controlled by safety equipment.</li> <li>• Correct use of personal protective equipment.</li> <li>• Correct use of climbing equipment</li> <li>• <b>Keywords:</b> karabiner, maillon, traverse.</li> </ul>	<ul style="list-style-type: none"> <li>• Recognising activity boundaries and safety areas.</li> <li>• Observing general safety rules for abseiling.</li> <li>• Appropriate clothing, long sleeves, long trousers, sensible footwear. No jewellery.</li> </ul>	<ul style="list-style-type: none"> <li>• To prepare physically for the activity in hand</li> <li>• To demonstrate a good climbing technique making efficient use of both arms and legs..</li> <li>• To select a suitable ascending and descending route.</li> </ul>