

## Class Summary

### Quick Facts

**Outside:** None

**Grade:** 4th and older

**Offered:** Year-round

**Physical Activity:** Low to moderate

**Other:** No special skills required

### Concepts

- Safety
- Movement
- Goals
- Cooperation

### [Minnesota Academic Standards >](#)

- Physical Education

### [Classroom Activities >](#)

- Pre-Activity: *Trivia Climb!*
- Post-Activity: *"Climb On"*

### STEM Components

- Investigate
- Test
- Utilize
- Evaluate

### IB Profiles

- |   |   |
|---|---|
| <input type="checkbox"/> Inquirers                | <input type="checkbox"/> Open-minded            |
| <input type="checkbox"/> Knowledgeable            | <input checked="" type="checkbox"/> Caring      |
| <input checked="" type="checkbox"/> Thinkers      | <input checked="" type="checkbox"/> Risk-takers |
| <input checked="" type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced    |
| <input checked="" type="checkbox"/> Principled    | <input checked="" type="checkbox"/> Reflective  |

Revised May 2012

### Outcomes:

1. Participants will display responsible care and use of the equipment which is vital for safe and successful climbing.
2. Participants and belayer will communicate together using universal climbing commands.
3. Participants will be challenged to overcome fear, while striving to reach personal goals.

### Brief Synopsis:

The climbing wall is an excellent venue that promotes personal growth, pride, and self-confidence. Participants will learn the fundamentals of rock climbing while they attempt to meet their coming goals, reach their potential, and face individual fears in a safe, controlled, indoor environment.

### Outline:

#### Fears & Challenges (10 minutes)

Nearly everyone experiences some fear or anxiety attempting the rock climbing wall. It may be a fear of heights, a fear of ridicule, or a fear of failure. By recognizing personal fears, people can begin formulating a goal and plan to overcome the fear that hinders them.

#### Gadgets and Gizmos (20 minutes)

Through demonstration and group discussion, the group will identify each piece of climbing equipment and how it will be used. Understanding the difference between dynamic and static rope, learning the strength of a harness, and the mechanics of a carabiner and belay device will provide the base knowledge needed to begin climbing.

#### Belaying (20 minutes)

Climbers will partner with an adult belayer who will control the rope as they ascend the wall. The instructor will demonstrate proper belay technique using a standing belay system. Each adult will be tested on his/her belay technique by the instructor before belaying a student.

#### Climb On (2 hours 20 minutes)

Eagle Bluff's eight climbing routes offer a climb for every climbing ability. Instructors will perform a safety check prior to each climb, and challenge the students to set a climbing goal. The climber and the belayer will use climbing commands to reach new heights. The instructor will facilitate a group discussion relating the challenges face on the rock wall to the challenges face in every day life.