



# Sequoia Scramble

learnlink™

## About the activity

The Sequoia Scramble is vertical challenge course between two of our majestic Redwood trees at our Dalguise centre; trees more commonly found on the coast of California. The course will challenge your pupils both mentally and physically as the 30 foot climb includes a scramble net and rope ladders to reach a bell at the top - ring it to celebrate your success!

## Activity aims

### The aim of this activity is to:

- Introduce the skill of climbing and the necessary equipment.
- Allow each participant to experience climbing.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Improve the quality and consistency of their climbing technique.
- Take the initiative in evaluating their performance and that of the group.

### In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork
- Using initiative

## Learning outcomes

### Upon completion of the activity, participants will have:

- Demonstrated an approved climbing technique to ascend safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards, be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. hazard, personal protective equipment, risk assessment, safety area.
<b>Words relevant to equipment</b>	e.g. climbing rope, figure of eight, harness, helmet, karabiner, maillon, safety rope.
<b>Words relevant to the activity</b>	e.g. climb, belay, friction, coordination, vertigo, confidence.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.