



# Climbing

learnlink™

## About the activity

Your pupils will need to combine different skills including perseverance, strength, an ability to deal with heights – as well as trust in their belay partner and equipment. Those who have never tried it before will find it an exhilarating experience. Climbing at PGL may take place on indoor walls, outdoor climbing towers or on actual rock crags; whichever it is, we always use a top-rope belay for safety.

## Activity aims

### The aim of this activity is to:

- Introduce the skill of climbing and the necessary equipment.
- Allow each participant to experience abseiling.
- 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. harness, helmet, karabiner, safety rope, gri-gri.
<b>Words relevant to the activity</b>	e.g. climbing, belay, ascending, friction, gravity.
<b>Words relevant to teamwork</b>	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.