

Name/Title: Traversing across the climbing wall!

Purpose of Event: The purpose of traversing across a climbing wall is to have students practice their climbing techniques with the hope of reducing the fear of extreme heights.

Prerequisites: Students must know and follow safety rules, be able to work together in either pairs or small groups, identify simple climbing concepts, and identify with high personal responsibility.

Suggested Grade Level: 7-8

Materials Needed: For this activity you need a Climbing Wall or Traverse Wall and enough Mats to cover the desired climbing area. Also bells tied to string on different holds through out the wall.

Description of Idea

The goal of this activity is for the students to travel across the wall and ring the bells attached to certain holds. This challenges the students to climb to different holds on the wall. The objective of this activity is to allow students to practice coordinating their different climbing techniques (matching hands and feet, crossing over their feet and arms) while remaining close to the ground. This is a creative way to build up strength in student's forearms, arms and legs. After traversing or bouldering a couple times, the students, when confident, can attempt a vertical approach. This is a great way to introduce students to various heights of climbing.

Assessment Ideas:

The goal of the assessment would be to check student's responsibility in following safety rules and how well they work together as a group. Also to see if the climber is trying any of the climbing techniques discussed in class.

Make a rubric to assess proper use of safety and technique skills. A sample criteria lists could include:

Safety skills:

Did the student climb with a spotter

Did the student climb within the height limits and in the matted area

Was a verbal contract between the climber and spotter affirmed

Spotters are spotting their climber properly

Techniques:

Cross over hands or legs

Dyno (jumping)
Edging with feet
Matching with arms or feet
Smearing with feet

Teaching Suggestions:

Please make sure you as a teacher are comfortable teaching in this environment. Safety and effective class management are a must for kids to feel comfortable during this lesson.

Adaptations for Students with Disabilities:

Equipment: Some students may need help to find a place to start climbing so assigning a peer help to these students may be helpful.

Instruction: Have cue cards on the wall that tell the student what type of climbing technique they could do from hold A to B. If the students are unable to perform the skills of climbing have them as spotters, coaches, or assessors for students climbing.

Environment: This all depends on what disability you may be dealing with. For example if a student has a vision impairment, attach little bells to the holds so when the student is climbing they can hear the bells and locate the holds easier.

Rules: All rules apply to every students.

Submitted by **Matthew Goodness** in Stevens Point, WI. Thanks for contributing to PE Central! **Posted on PEC: 2/2/2008.**

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