

GLOBAL COMPETENCIES

Critical thinking and problem solving
Learning to learn/self-awareness and
self direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Computer
Internet access
Projector and screen
A variety of equipment for building an
obstacle course, such as:
Hula hoops
Tape
String
Pylons

CLIMBING WALL

Junior Level

ACTIVITY DESCRIPTION

Our Climbing Wall is an appealing and dynamic activity for students of varying abilities. It gives students the opportunity to apply and explore a variety of movement skills in a safe environment while supervised by fully trained staff. Harnesses and helmets are provided. A fantastic confidence booster, participants grow stronger and reach new heights as they scale and overcome challenges on the wall. Both experienced and beginner climbers can engage in this activity.

CURRICULUM CONNECTIONS

Health & Physical Education



Ontario
Curriculum



A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade (A1.1, A1.2, A1.3)

B1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives (B1.1, B1.2)

B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1)

C1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities (C1.1, C1.2, C1.3)

TEACHING NOTES

BEFORE YOU GO

Learning Goal

Students will perform a variety of controlled movements with multiple body parts, at different levels, with varying equipment, both individually and with partners.

Minds On Activity

- Show students the [Blue Mountain Rock Climbing Wall](#) video.
- Ask students to list the movement skills that are used in the sport of rock climbing (e.g. hanging, balancing, transferring of weight, grasping, travelling skills, etc.).

Action Activity

- In groups of 4-5, students create a ground-level obstacle course, mimicking a climbing wall.
- Co-create success criteria for the obstacle course. The criteria may include:
 - 3-4 movement skills
 - variety of pathways (e.g. under, over, around, zig zag)
 - different levels of difficulty.
- Have groups take turns moving across each other's obstacle courses.

Accommodations and/or Modifications

- Have groups create maps that direct the participants to move in a certain pathway avoiding different obstacles.
- Use indoor and/or outdoor facilities to increase/decrease the challenge.
- Have students go through the obstacle course in pairs while connected (e.g. holding hands).

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will apply and try new movement skills and concepts on a climbing wall.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class through a discussion about their experience at the Blue Mountain climbing wall, and how it connects to their social emotional learning skills. Possible guiding questions:
 - What thoughts and feelings did you experience before, during and after the visit to the Blue Mountain climbing wall?
 - What were some strategies that you applied to manage your emotions?
 - When you are faced with trying something new, you may have feelings of stress or anxiety. Can you list some ways you successfully manage your stress? (e.g. deep breathing, guided imagery)
 - When you try a new activity, you may not be successful the first time. Did this apply at the climbing wall?
 - What does the term 'positive motivation' mean to you?
 - Describe how you felt when you were successful at the climbing wall?