

## 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

## Primary 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 as they use a variety of body parts, at different levels.

#### 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.
- Students can travel using both arms and both legs on the floor mimicking climbing, but on a flat surface.
- Students may also army-crawl or move on their belly across the ground/floor.
- Co-create success criteria for the obstacle course. The criteria may include:
  - variety of pathways (e.g. under, over, around, zig zag)
  - levels of difficulty (e.g. easy, medium, hard).
- 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).

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### WHILE YOU ARE THERE

#### At Blue Mountain Resort

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

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### 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 have 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?*
  - *Describe how you felt when you were successful at the climbing wall?*