

GLOBAL SKILLS

Collaboration
Communication
Critical thinking and problem solving

INITIATIVE HIGHLIGHT

Mental Health and Well-Being

MATERIALS:

Markers
Chart Paper
Computer
Internet access
Projector and screen

CLIMBING WALL

Secondary Level

Suitable for: PPL, PAF, PAI, PAD, PLF4M

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 are accommodated in this activity.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for the grade

A1. participate actively and regularly in a wide variety of physical activities, and demonstrate and understanding of factors that can influence and support their participation in physical activity now and throughout their lives (A1.1, A1.2)

A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (A2.1, A2.2, A2.3)

A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (A3.1)

B1. 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 (B1.1)

B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities (B2.1)

BEFORE YOU GO

Learning Goal

Students will perform a variety of controlled movements as they use a variety of body parts, at different levels, individually and within groups. Students will build interpersonal skills by participating in a group learning experience.

Minds On Class Discussion

- Show students the Blue Mountain [Rock Climbing Wall](#) video.
- Ask students to identify and explain the importance of the following terms after watching the video:
 - Communication
 - Teamwork
 - Trust
 - Respect
 - Leadership
 - Collaboration
- With an elbow partner, ask students to discuss:
 - *How might these key terms be important with any type of climbing activity?*

Action Activity

- Students will engage in a 'zipper' game to build trust and collaboration.
- Have students form two lines facing each other, then reach their arms at shoulder height toward the student in the line directly across from them. There should be about one inch of space between the fingertips of each pair in the line. This forms the 'zipper'.
- Choose one pair of students at the end of the line to step approximately 10 feet away from the 'zipper'. This pair will then run through the 'zipper', as the rest of the students raise their arms, one pair at a time, as the running pair reaches them. Thus, 'unzipping' the line as the runners reach them.
- Repeat with each pair of students until all students have had a chance to run through the zipper.

WHILE YOU ARE THERE

At Blue Mountain Resort

- At the Climbing Wall, students will apply their movement skills, and also as try new movements and concepts. Students will have the opportunity to apply the collaborative learning skills they have worked on at school to a real-world activity.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class through a general discussion about their experience at the Blue Mountain Resort Climbing Wall and how it connects to the collaborative learning skills discussed in the pre-trip activity: communication, teamwork, trust, respect, leadership, and collaboration.
- Write each skill on a sheet of chart paper and hang throughout the room. Place students in groups and have each group work with one chart paper, listing how their experience at the Climbing Wall contributed to the development of this skill.
- Have each group record their ideas while keeping in mind the question:
 - *How are these key skills important for the success of any group task?*
- Have each group rotate through the room until they have visited each chart list.