



Activity	Key Skills			National Curriculum		Q.C.A	
	Communication	Working with others	Improving own learning and performance.	Physical Education	PSHE	Physical Education	Outdoor and Adventurous activities
Climbing	*	*	*	*	*	*	*

Learning objective: By the end of this session you will have experienced an ascent and descent of the climbing tower and be able to demonstrate a variety of climbing techniques.

Description: The climbing walls and towers are amongst the most challenging and satisfying of our adventure activities, in terms of individual achievement. Climbing provides the ideal opportunity to develop co-ordination, stamina and determination, whilst learning basic climbing skills and techniques.

KNOWLEDGE	SAFETY	SKILLS
<ul style="list-style-type: none"> To recognise the perceived risk of the activity and how this is controlled by safety equipment. Correct use of personal protective equipment. Correct use of climbing equipment. Keywords : karabiner, maillon, traverse 	<ul style="list-style-type: none"> Recognising activity boundaries and safety areas. Observing general safety rules for abseiling. Appropriate clothing- long sleeves, long trousers, sensible footwear. No jewellery. 	<ul style="list-style-type: none"> To prepare physically for the activity in hand. To demonstrate a good climbing technique making efficient use of both arms and legs. To select a suitable ascending and descending route.