



Rock Climbing Post-visit

Classroom Activities

Brief Synopsis

Rock climbing provides a unique combination of team work, personal challenge as well as mental and physical strength. During class, students will learn the fundamentals of indoor rock climbing while they attempt to achieve personal goals through climbing. They will examine how challenges can facilitate personal learning and growth. In order to provide a solid rock climbing foundation, safety, proper equipment, and good communication are also discussion points.

Ages: Designed for 4th–6th grade

Time Considerations:

Two hour long periods.
One for students to research
and one for the presentations.

Materials:

- Paper
- Research Materials

Vocabulary: Refer to Vocabulary Worksheet.

Outcomes:

1. Students will learn new terminology specific to rock climbing.
2. Students will practice physical exercises aimed to develop muscle groups beneficial in climbing.
3. Students will experience growth by attempting personal challenges.

Minnesota Academic Standards:

Language Arts: 4.II.A, 4.II.B, 4.II.D, 4.III.A, 4.III.C, 5.II.A-E, 5.III.A, 5.III.C, 6.II.A-E, 6.III.A, 6.III.C, 7.II.A-E, 7.III.A, 7.III.C, 8.II.A-E, 8.III.A, 8.III.C

Revised Feb 2009

Set-up

During your students rock climbing class they challenged themselves both physically and mentally. This was, however, just a glimpse into the world of rock climbing. There are many other areas of study, expertise and personal growth which surround climbing.

Activity 1: “Climb On”

Background: Rock climbing has many areas of further research. In order to ‘hold’ the students climbing interest, have them do a short research paper and report on one of the many topics which involve rock climbing. By doing this report, students will gain more knowledge of the many facets of climbing. To get started, listed below are some great rock climbing topics.

Procedures:

1. **Climb Locally!** Investigate local climbing gyms! This subject would be excellent for a student who is very interested in pursuing rock climbing as an extra curricular activity.
2. **Yosemite Decimal System!** There is a rating system which measures the difficulty of a specific climb. This system is called the Yosemite Decimal System. Students can research the YDS and rate the climbs they attempted on the Eagle Bluff rock wall or other climbing walls.
3. **Famous Climbs and Climbers!** Within the climbing world, there are many internationally prominent climbers. Along with climbers, there are many famous, extremely dangerous or challenging climbs. Students can research a well known climb, climber or both and report to the class. Two climbers to look into are Chris Sharma and Lisa Rands.
4. **Climbing Ethics!** Through the use of bolts and other equipment outdoor rock climbing can alter the natural environment and occasionally have harmful effects. Allow the students to look further into the ethics of rock climbing and report on specific practices and techniques climbers use to leave the route and the environment unharmed.
5. **Climbing Terrain!** There are many different types of terrain to climb. Students can research which types of rock are the best to climb and where these rock types are located. What makes certain types of rock better the climb then others?