



# Rock Climbing Pre-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:

At least an hour to learn the vocabulary and play Trivia Climb!

#### Materials:

- Tape
- 20 oz. Soda/water bottle

**Vocabulary:** All listed on the 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

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### Set-up

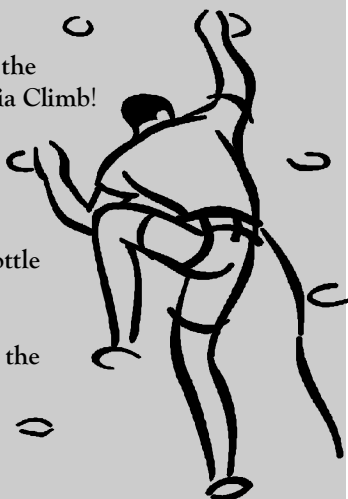
During the Rock Climbing class at Eagle Bluff, your students will be experiencing personal challenges and growth. They will be learning new equipment and climbing terminology as well as taking on new challenges both mentally and physically. Get your students excited and prepared with these activities!

### Activity 1: Trivia Climb!

**Background:** Rock Climbing has evolved from a necessity for survival, by traversing over steep terrain, to the present day athletic sport. As the sport has evolved so has its terminology. Rock Climbing has a language very specific to the sport. In climbing, good communication is crucial and this ensures the climbers safety by developing confidence with their belayer. By taking part in this activity, students will become familiar with climbing terminology as well as prepare them for attempting personal challenges.

#### Procedures:

1. Photocopy the worksheet with the list of rock climbing vocabulary words. (one per student) Allow the students to study the definitions.
2. Photocopy the **Dotted Trivia** worksheet. (one per student). Instruct the students to crumple the trivia worksheet into a ball of any size. Now, unfold the worksheet lightly so as to allow the paper to remain uneven. This is now the student's personal climbing wall trivia sheet! (If they made a very tight ball their sheet will have many edges and this will increase the difficulty of their climb.) The worksheet is representing a climbing wall so have the students attach it to something where it can be vertical.
3. The **Green** dots represent the easy holds. The **Orange** dots represent the holds with medium difficulty and the **Red** dots represent the hardest holds to climb. Encourage your students to plan their climbing route before the game begins. Are they climbing with all the hard holds or are they taking a easy to medium route?
4. Now your students are ready to begin their **Trivia Climb!** You read off the definition of a term and if the students write down the correct word they are allowed to move to one dot and circle it. They can mark their climbing route with a pencil.
5. The worksheet is undulating like a real rock wall. Ask the students to consider whether they are attempting a challenging route or are they taking the quickest, fastest route. Continue playing until a student reaches the top!
6. To wrap up, ask the students to analyze their worksheets. Did they challenge themselves? Did they use the best choice of holds? Would they do anything differently, such as modify their route or hold use? Did they know all of the vocabulary words?



## **Trivia Climb Vocabulary List:**

**Aid Climb:** Climbing with the use of anything beyond the rock or what is natural.

**ATC:** An air traffic controller or ATC is a popular belay device.

**Barn Door:** The movement made when you become off balance and pivot without control at two points.

**Belay:** To keep the climber safe by controlling the rope to the ground. To anchor.

**Belay Loop:** A belay loop is part of a harness that the belayer uses to clip a locking carabiner, and then to a belay device.

**Belay Plate:** A device that is used by the belayer to stop the rope if a climber falls.

**Boulder:** A rock small enough to climb without a rope...or to climb low without a rope.

**Carabiner:** A steel ring with a spring-loaded gate that is used to secure equipment or the climber to the rope.

**Ceiling:** The underside of an overhang that juts out far enough to completely cover the climber

**Challenge:** A stimulating task or problem

**Chimney:** Parallel sides of rock wider than a body's width

**Confidence:** A feeling or consciousness of one's powers or of reliance on one's circumstances. A relation of trust and reliance on another's discretion

**Crux:** The most difficult and demanding part of the climb.

**Downclimb:** To climb down the rock rather than rappel.

**Dynamic Rope:** The rope is designed to stretch at a designated percentage given a static load of a designated weight. The reason these ropes are designed to stretch is to minimize and absorb some of the impact of a fall

**Goal:** The end or accomplishment toward which effort is directed

**Hold:** Area or object that is grabbed as a climber is attempting a route

## **Trivia Climb Vocabulary Worksheet (Continued)**

**Jam:** A hold that is done by placing a hand, fingers or foot into a crack and twisting it until it holds tightly.

**Lead:** To climb with the rope starting at the ground and clipping into protection on the way up.

**Overhang:** Portion of a route which extends perpendicularly to vertical.

**Rappel:** Lowering yourself down the rope instead of belay to descend a climb.

**Route:** The path which a climber takes during a climb

**Slack:** Releasing tension in the rope in order for the climber to descend

**Static Rope:** Rope which is to NOT stretch under load. These are primarily used for rappelling, top-roping and hauling gear

**Support:** To promote the interests or cause of or to uphold

**Top Rope:** A climb that already has the anchors and rope present at the top route.

**Undercling:** A hold that requires you to hold with palm facing up.

# Trivia Climb Rock Wall Worksheet





### Activity 2: Like A Rock!

**Background:** Rock Climbing is a very physically engaging sport and whether you are male or female the more strength a climber has the more successful their climbing attempts will be. The following exercises provide examples of ways students can strengthen muscles commonly used during rock climbing. By encouraging students to take part in these exercises before their trip to Eagle Bluff, they will be able to have a stronger grip on the rock climbing holds!

#### Procedures:

1. Fill a 20 oz. Soda/water bottle with water. Keep in mind the weight should range from 2-5 lbs.
2. Lead the students through the forearm exercises found at the website, [http://www.indoorclimbing.com/Forearm\\_Exercise.html](http://www.indoorclimbing.com/Forearm_Exercise.html)
3. After doing some of the forearm exercises, pose a challenge to the students to see who can do the **Forearm Endurance** exercise for the longest time. If your school has a chin-up bar available, the students can use this to hang from. If not, using a solid metal door frame will achieve the same result.
4. An alternative to the **Finger Strengthening Exercises** is as simple as squeezing a tennis ball or a soft ball of equal size and pliability. This exercise helps students increase finger and thumb strength which is crucial for rock climbing.

### Teacher Tips

- Encourage the students to learn the vocabulary words at home. This will allow them to be more prepared and successful during Trivia Climb.
- Let them crumple the worksheet as they like then instruct the students that the game is simulating an actual climbing wall.
- The day after doing the Like A Rock activity ask the students if they feel any changes in their forearm muscle. (Hint: are they sore, tight or swollen?)
- Start the forearm exercises 3 to 4 weeks prior to your trip. This will allow time for students to build muscle in their arms and to recover.



### Additional Resources

<http://animatedknots.com>

This is a great site to learn the life long and practical skill of knot tying! There are knots specific to rock climbing and they are taught step by step. It is very simple to learn and follow along.

<http://www.kidsclimbing.co.uk>

A great web page with lots to explore including information about equipment, techniques, fun activities, kid climbing quotes, books, and videos of kid-climbers!

<http://www.mnclimbing.org>

This is the official website for the Minnesota Climbers Association. It lists great places to climb in Minnesota and the Midwest. This site also has upcoming climbing events and competitions which students can attend!

<http://www.indoorclimbing.com>

An awesome website full of climbing information ranging from exercise, physical training, and how to build a climbing wall.

<http://www.cyberclimber.com>

The Cyberclimber Game is an online computer game found on the Indoorclimbing website. Players can select a wall based on difficulty level and their results can be tracked and posted on the website! It is a great way to get them mentally ready to climb!