Warm-Up Questions

• What grade level(s) do you teach?
• Do you have a climbing wall?
• What is your experience with climbing?
• What key learnings do you hope to achieve?

Presentation Overview

• Safety
• Organization & Tips
• Climbing technique
• Activities
• Reflection
• Assessment
• Sharing Ideas & Questions
School of Rock...Climbing: How to Rock Your Traverse Wall
Presented by Everlast Climbing

Climbing Wall Safety

Climbing Wall Operation

Ongoing Maintenance

• Regular inspections
• Hand holds
• Mats
• Panels
• Repairs
• Cleaning
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### Organization & Tips

**Spotting:**
- Four duties:
  - Safety
  - Enforce Red-Relief® Line/max. foot height
  - Encourage, support & help
  - Remind climber to climb down; no jumping!
- Body position
  - 18" away from the climbing wall
  - Athletic stance with legs
  - Arms out and ready
  - Eyes watching climber all the time
- Communication:
  - Climber: "Spotter ready?"
  - Spotter: "Spotter is ready."
  - Climber: "Climbing?"
  - Spotter: "Climb on."

### Organization & Tips, Cont’d

- No long lines - Start on the wall anywhere, not just ends
- One climber per panel
  - 40-foot long wall = 10 climbers at a time
- Move right to left & left to right
- Cooperation and competition
- Differentiation:
  - Rainbow Route = use all colors
  - Route Climb = use one color
  - "Borrow a hold" = outside color of route
  - "Borrow the floor" = rest

### Climbing Technique

**Body position**
- Climb with legs first
- Hips close to wall
- Climb facing wall or sideways
- Knees slightly bent
- Maintain 3 points of contact

**Arms & Hands**
- Maintain balance
- Lightly grip hand holds
- Rest by straightening arms and shaking out hands

**Legs & Feet**
- Hold the weight
- Use inside or outside edge of foot
Traverse Wall® Activities

“The kids love the wall and the different activities that can be done makes it very justifiable to the program.”
—Steve Wendell, Gibbon Elementary School, Gibbon, NE

Welcome to the Wall

**Materials:** None

**Grouping:** Whole Group

**Activity:** Students walk along the wall placing hands on hand holds. This helps them think about hand placement without the added challenge of climbing.

**Variation:** Place masking tape or poly spot markers on the mats to practice foot placement.

Levels the playing field!

Climb Ups & Climb Downs

**Materials needed:** None

**Grouping:** Whole group, with one climber per panel

**Activity:** Students climb up and climb down their one panel, getting a feel for what it’s like to climb. Their feet should go no higher than three feet from the mats.

**Variation:** For a greater challenge, have climbers use only one color hold.

An introduction to climbing.
Sarah Says

**Materials needed:** None  
**Grouping:** Partners  
**Activity:** To stay in the game, the climber must follow only the commands preceded by “Sarah says.” Partners switch roles when errors are made.  
**Example Commands:**  
• “Sarah says, put your right hand on a red hold.”  
• “Sarah says, climb down as low as you can.”  
• “Sarah says, put a foot on a green hold.”  

Requires listening skills and coordination!

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Up-Down Relay Race

**Materials needed:** Masking Tape  
**Grouping:** Whole Group, divided into teams with an equal number of participants  
**Activity:** Place an X at the top of each panel. Teams relay race to touch the X for a set amount of time or for a number of turns.  

Speed and endurance are put to the test!

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Elimination

**Materials needed:** Masking Tape  
**Grouping:** 2 teams  
**Activity:** Divide the wall in half using tape. Give each team tape and ask them to mark off 10 holds that the other team will not be able to use in their climb. Each team then attempts to climb their half of the wall, relay race style. Then switch sides.  

Requires cooperative work & problem solving!
Climbing Obstacle Course

Materials needed:
Hula hoops®, tape, bungees, or string

Grouping: Whole class

Activity: Climb over, under, around or through various obstacles.

Requires problem solving and flexibility!

Traverse Wall Challenge Course

Wall to Cone to Wall

Materials needed: Bean bags and soft cones

Grouping: Whole group

Activity: First climber removes bean bags from the wall and places them on cones.
Next climber removes bean bags from cones and places on wall. Continue in this way, with climbers alternating actions.

Calls for strength and coordination!
**Wall to Target**

- Magna® Flags in Buckets
- Bean Bags in Hoops
- Frisbees® Across a Line

**Materials needed:** Plastic hoops

**Grouping:** 2-4 people

**Activity:** Climbers traverse the wall connected with hoops.

**Variations:** Place a time limit or try it without talking!

Involves teamwork and problem solving!

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**Hula-Hoop® Haven**

**Materials needed:** Plastic hoops

**Grouping:** 2-4 people

**Activity:** Climbers traverse the wall connected with hoops.

**Variations:** Place a time limit or try it without talking!

Involves teamwork and problem solving!

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**Connected Climbing**

Variation of Hula-Hoop® Haven with jump ropes tucked into shorts.
Climbing in the Night

Materials needed: Blindfolds
Grouping: Partners
Activity: The climber is blindfolded and climbs with verbal assistance from a guide who also acts as a spotter. Switch roles once traverse is completed.
Variation: Climbers close eyes for as long as they can instead of wearing blindfolds.

Taking positive risks & building trust!

Climber’s Spider Web

Materials needed: Balls of yarn
Grouping: Partners
Activity: One partner holds a ball of yarn while the other climbs the wall with the loose end of yarn. The climber creates interesting shapes with the yarn by wrapping it around hand holds and connecting to other holds. Partners switch roles.

Note: For safety, use only hand holds only to create the web, not foot holds.

Bring some creativity to climbing!

Additional Learning

Materials needed: Markers, chalk, magnets, words on cards, objects, etc.
Grouping: Partners, teams or whole group
Activity: Choose a topic and create a scavenger hunt, spelling game, word hunt, etc.
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Parts of Speech Climb

**Materials needed:** Words (nouns, verbs, adjectives, etc.) on the wall

**Grouping:** Whole class

**Activity:** Climbers use only holds labeled with words from a certain part of speech, such as verbs.

**Variation:** With partners, have students use any hand hold and identify what the part of speech is as they climb.

Cross-curricular learning!

Special Numbers Climb

**Materials needed:** Numbers on the wall

**Grouping:** Whole class

**Activity:** Climbers use only holds labeled with certain “special numbers.”

For example:
- Even/odd numbers
- Multiples of 3 or 5
- Factors of 30 or 40
- Equivalent fractions

Add movement to math!

The Art of Reflection

- Questions before, during and after climbing
- Post-climbing group processing
- Journaling
Assessment

- Many options for formative and summative assessments:
  - Checklists & rubrics
  - Goal-setting & tracking
  - Educator observations
  - Self-assessment
  - Reflections

Share Ideas & Questions

Resources

- Visit [www.everlastclimbing.com](http://www.everlastclimbing.com) for:
  - Climbing Wall Activities
  - Educational Climbing Blog
  - Climbing Wall Funding Support – Funding Guide
  - Social Media
Thank you!