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Activity

- Working in spotter/climber pairs, take turns to traverse along the base of the wall, keeping your feet inside the marked footholds on the floor.
- Try to use the edges of your toes to stand on the footholds.
- Don't forget to spot and encourage your partner as they climb.

Review & Evaluation

- What footwork techniques did you use on the traverse? Edging? Foot-swap? Cross-through?
- What was the hardest part of the traverse for you?
- How did you solve this 'crux' move?
- Was the crux in the same place for your partner?
- Did your partner use the same technique to overcome the problem or a different one?
- How did your partner help you to overcome the challenge?
- What did your partner do well?

Organisation & Resources

Context

This exercise is a great way to develop and apply the footwork techniques introduced in card 2.

Safety Points

As Card B1 plus:

- Although this activity sounds easy, it can be quite strenuous, so don't forget to warm up

Preparation

Before the session you will need to mark out a series of 'footholds' on the floor along the base of the wall. These can be marked temporarily using chalk or tape or permanently by using paint (note: test first using temporary marks before painting). Make sure that part of each foothold is flush against the base of the wall. Vary the size of these 'footholds' and the spacing between them to create easier or more difficult sections.

More than one traverse can easily be created using different coloured marks to create different 'routes' with set rules e.g. marked footholds only. By varying the difficulty of these you will be able to provide appropriate challenges for a wide range of abilities within the group.

Differentiation & Progression

Much easier: Feet are allowed anywhere on the floor – no need for marked 'footholds'.

Slightly easier: Use larger and/or closer together 'footholds'

Harder: (a) Smaller and/or further apart footholds. (b) Make some of the permitted footholds real footholds on the wall (i.e. requiring the climber to move from footholds on the floor up onto the wall and then back onto the floor).

Skills & Knowledge

- Demonstrate a willingness to trust others and accept support.
- Recognise when others need support.
- Take responsibility for others.
- Encourage others to achieve.
- Recognise and applaud achievements of others.
- Provide constructive support and feedback to others
- Appreciate own strengths and limitations.
- Improve own learning and performance through reflective thinking and actions.
- Develop, adapt and apply skills.
- Positive self-image.

Activity skills

- Traversing
- Following a set route
- Terminology: crux
- Stamina training