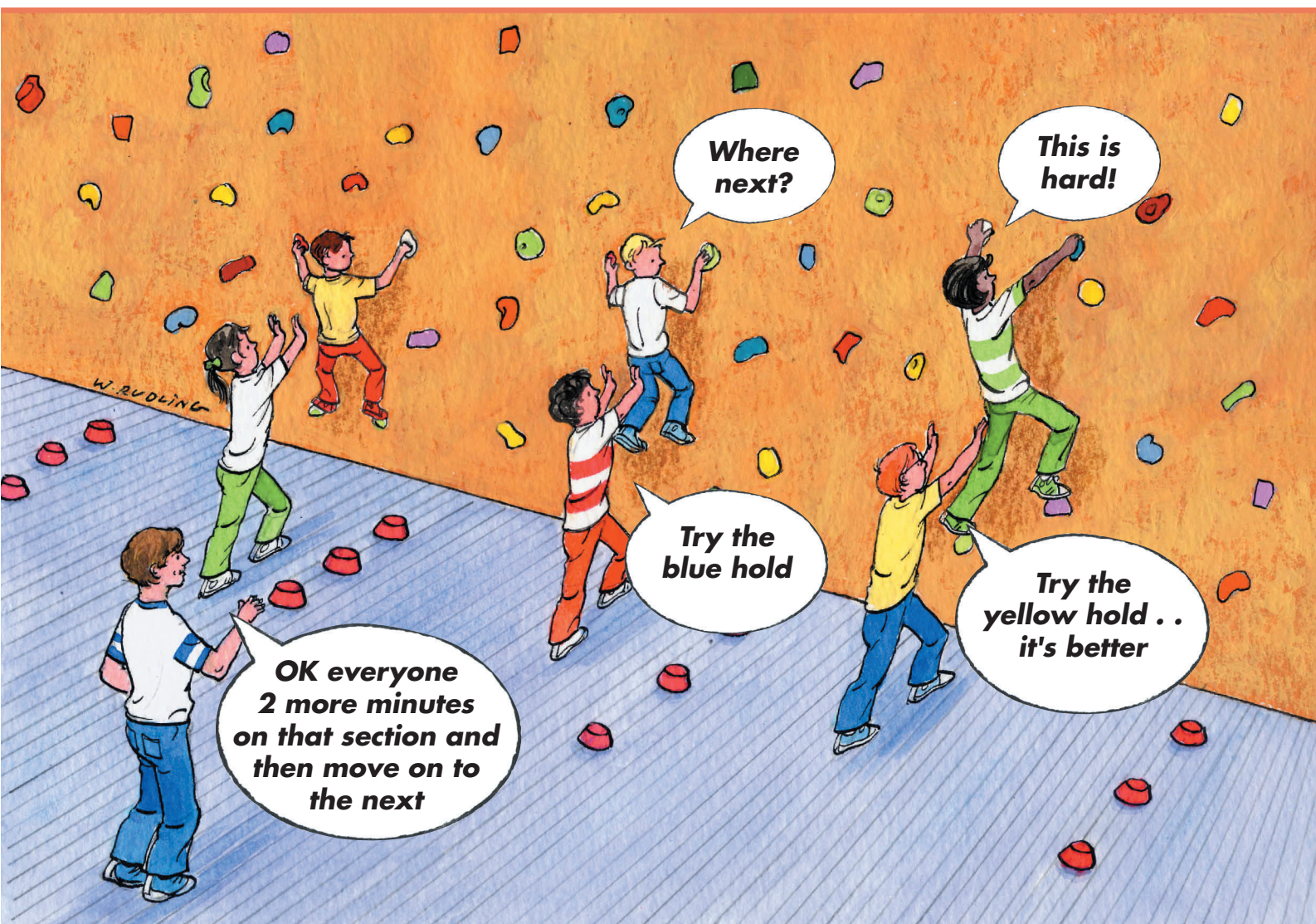




© OEAP 2008

Activity

- In climber/spotter pairs, work out the best way across a short (e.g. 3 metre) section of the wall for each of you and try to memorise this.
- When your leader says so, move to the next section of wall along and repeat the exercise. Repeat for several sections.
- Now start back at the beginning of the first section and take turns trying to climb all the way to the end of the last section in one continuous push.
- Try to climb as efficiently as possible - trying to climb very quietly is a good way to develop a smooth, efficient climbing style.

Review & Evaluation

- What was the crux (hardest part) of the traverse for you?
- How did you overcome this section?
- Was the crux the same for you and your partner?
- When you tried to link the worked sections, what helped you to remember the easiest way across?
- What did your partner do well?
- What did you do well?

Safety Points

As Card 1

Organisation & Resources

Context:

This exercise builds on card 2 and 3 by applying footwork techniques to climbing on the wall. It also develops the climber's ability to find and memorise the easiest way across a section of wall.

Preparation

Before the session you will need to:

- Mark out sections of a suitable length on the wall – the easiest way is to use markers (e.g. mini-cones) on the ground at the base of the wall
- Aim for sections that will be challenging but achievable with some effort.

Differentiation & Progression

Easier: Use some footholds on the ground to bypass difficult sections on the wall. The climber can then work to reduce the number of these that they use in subsequent sessions.

Harder: (a) Longer sections. (b) Introduce 'rules' e.g. only allowed holds below a certain marked height or only allowed holds of a certain colour.

Skills & Knowledge

- Recognise and applaud achievements of others.
- Appreciate own strengths and limitations.
- Evaluate experience.
- Improve own learning and performance through reflective thinking and actions.
- Generate ideas and express them.
- Try a variety of solutions.
- Show initiative in the face of challenging activities.
- Try hard to succeed at activities they find physically challenging.
- Work positively towards goals.
- Perseverance.
- Manage risk.
- Self-reliance.
- Develop, adapt and apply skills.
- Positive self-image.

Activity skills

- Climbing efficiently.
- Memorising moves.
- Stamina training.

© OEAP 2008