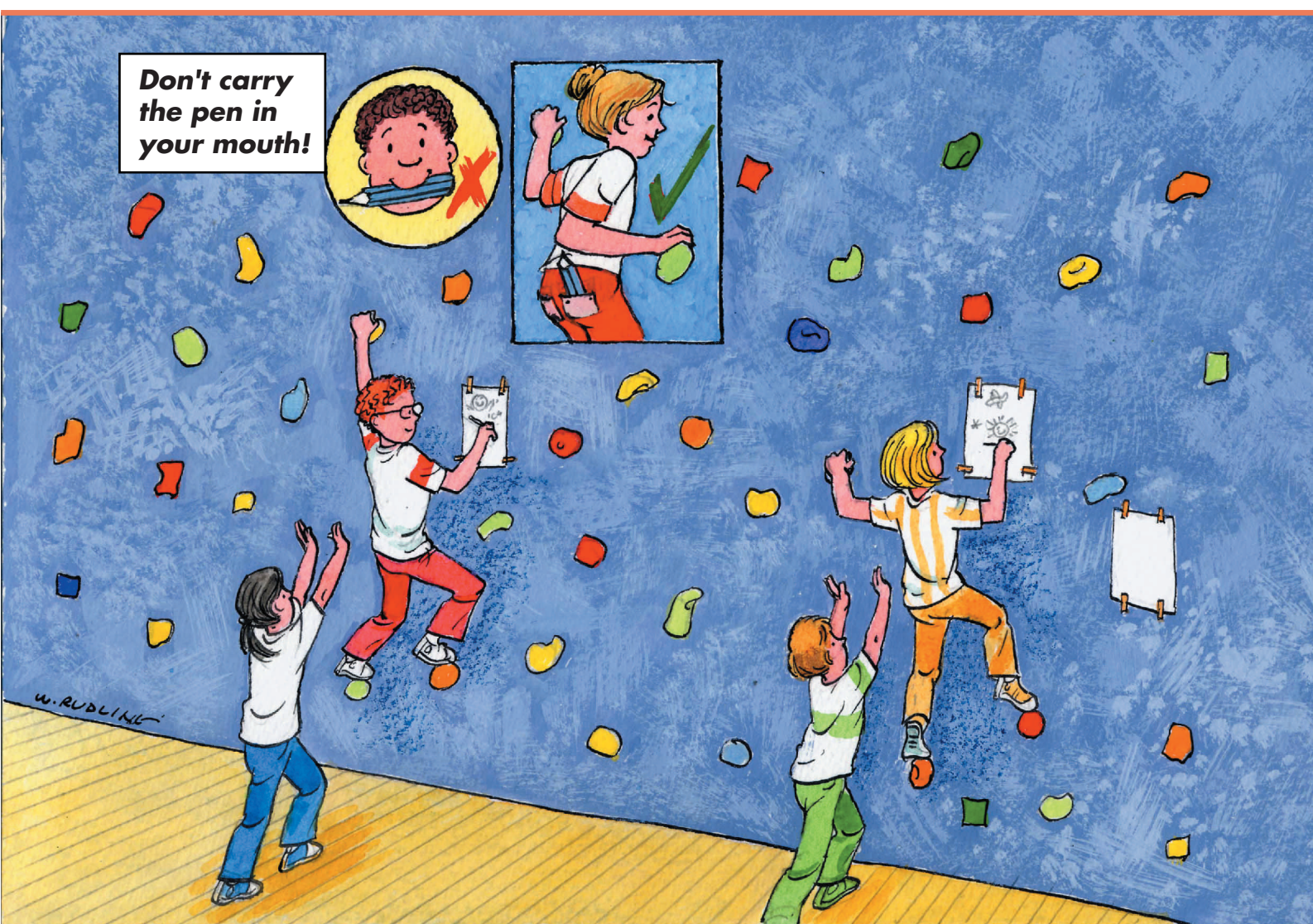


OUTDOOR LEARNING CARDS



BOULDERING B7

HANGING AROUND



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Activity

- You'll need a pen or pencil in your pocket for this activity.
- Traverse along (spotted by your partner) until you are next to a piece of paper.
- Find a position where you can take one hand off to draw a picture and sign it.
- Replace the pen or pencil in your pocket, carry on to the next paper and repeat.
- Don't forget to shake out if your arms are getting tired.

Review & Evaluation

- Where was the easiest place to stop and draw? Where was the hardest?
- Was this the same for you and your partner?
- What techniques did you use to help you to hang in there?
- Why is it important to be able to stop and find a relaxed position on the wall when you climb?

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Safety Points

As Card 1 plus:

- Warn young people of the danger of carrying the pen or pencil in their mouth.

Organisation & Resources

Context

This exercise encourages climbers to find the most comfortable and energy-efficient position they can on the rock face while they stop to perform a task – an essential skill in real climbing. It also helps them to develop stamina.

Preparation

Before the session you will need to tape or secure several pieces of blank paper at regular points along the wall.

Differentiation & Progression

Easier: Some (or all) of the footholds used can be marked 'footholds' on the floor rather than footholds on the wall.

Harder: (a) Increase length of traverse and/or the number of times the climber has to repeat the task during the traverse. (b) Specify the hand/footholds allowed at each station e.g. left hand on blue hold, right hand on green hold, feet on pink holds.

Skills & Knowledge

- Present/express ideas orally.
- Improve own learning and performance through reflective thinking and actions.
- Try hard to succeed at activities they find physically challenging.
- Perseverance.
- Manage risk.
- Self-reliance.
- Develop, adapt and apply skills.
- Positive self-image.

Activity skills

- Climbing efficiently.
- Stamina training.

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