



EduTrend Contents

W4C · ADVENTURE AND OUTDOOR SPORTS · MIDDLE SCHOOL

Climbing Wall Skills

Move efficiently and climb safely with checks

Ages 12–14

Level: Intermediate

60 minutes

Groups of 3 · up to 24

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Climbing Wall Skills

With a qualified climbing instructor, students learn efficient movement: using legs, straight arms and three points of contact. They practise traversing and bouldering with spotting, learn equipment and buddy checks, and work together to plan and solve routes.

Learning outcomes

By the end of the session students can:

- climb using efficient technique;
- explain and perform safety checks;
- spot a partner on low bouldering;
- plan and solve a route with a team.

KEY WORDS

traverse · bouldering · three points of contact · footwork · spotting · harness · figure-of-eight knot · belay · buddy check

CURRICULUM LINKS

PE: outdoor and adventurous activity. Science: forces, friction and balance. PSHE: trust and managing risk.

1

PREPARE

Kit, plan, safety

2

LEARN

Skill or idea

3

EXPLORE

Try it outdoors

4

CHALLENGE

Solve a task

5

REFLECT

What did we learn?

6

RESPECT

Leave no trace

Equipment

- Climbing or traverse wall with crash mats
- Harnesses, helmets and belay equipment if roped climbing is used
- Climbing shoes or suitable trainers
- Route cards
- Worksheets 1, 2 and 3

Before the session

- Book a qualified climbing instructor and check the wall's safety records.
- Complete a risk assessment.
- Check mats and equipment.
- Prepare route cards.

SAFETY

Qualified instructor leads. Crash mats when bouldering; no climbing above agreed height without ropes. Buddy check each climb.

ACTIVITY 04 · SESSION PLAN

Step by step

Traversing low along the wall builds technique and confidence without height anxiety.

Time	What happens	Say or ask
0–10 min Warm-up	Mobility for fingers, shoulders and hips.	<i>"Why warm up fingers?"</i>
10–20 min Technique	Instructor demonstrates footwork, straight arms and hips close to the wall.	<i>"Why use legs more than arms?"</i>
20–35 min Traverse	Students traverse low routes with spotters.	<i>"Where are your three points of contact?"</i>
35–50 min Routes	Groups plan and attempt bouldering problems or supervised roped climbs with buddy checks.	<i>"Did we check harness, knot and device?"</i>
50–60 min Reflect	Discuss technique, trust and managing fear.	<i>"How did your team help you?"</i>

CHALLENGE CARD (print or copy onto the board)

Complete a planned traverse or climbing route using efficient footwork, with correct spotting or buddy checks throughout.

ACTIVITY 04 · FACILITATOR NOTES

The outdoor know-how in brief

Efficient climbers push with their legs, keep arms straight to save energy and keep hips close to the wall so weight stays over their feet. Keeping three points of contact while moving one limb improves balance. Friction between shoes and holds allows smearing on small footholds.

Roped climbing uses a harness, a rope tied with a figure-of-eight follow-through knot and a belayer who controls the rope with a belay device. Before every climb, partners carry out a buddy check of harnesses, knots, carabiners and belay devices. Bouldering is climbing low without ropes over crash mats, with spotters guiding falls.

Common ideas to listen for

- “Climbing is all about arm strength.” Legs and technique matter more.
- “Checks are only for beginners.” Experts check every climb.
- “Spotters catch climbers.” Spotters guide the fall onto the mat, protecting head and back.

Adapting the activity

Support

Traverse at knee height with extra large holds.

Stretch

Set a route for another group and describe its sequence.

WORKSHEET 1

Technique checklist

Name: _____

Class: _____ Date: _____

Peer observe a climber.

Checklist

Technique point	Seen? (yes/no)	Tip
Straight arms		
Legs push		
Hips close to wall		
Three points of contact		

WORKSHEET 2

Safety checks

List and explain checks.

Buddy check or spotting steps

WORKSHEET 3

Reflection

Think about the session.

Route I completed and how

How I managed nerves or trust

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Climbs efficiently	Performs safety checks	Supports teammates

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Climbing Wall Skills is a sample activity from the EduTrend Contents W4C Adventure and Outdoor Sports programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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