



# Bouldering Wall



## About the activity

The bouldering wall is great for building confidence, strength and climbing technique; it's perfect for trying out new moves, secure in the knowledge that it's not far to fall! The main difference with a bouldering wall is that your pupils go along it - not up it - so they remain close to the ground at all times and therefore don't need a rope or harness. It's lots of fun for all!

## Activity aims

### The aim of this activity is to:

- Encourage participants to communicate and work as a team.
- Ensure participants work together supporting and encouraging each other.
- Consolidate and improve the quality, range and consistency of the techniques used for bouldering.
- Provide an opportunity for participants to discuss what they have accomplished.

## Progression opportunities

### Some participants may also:

- Identify hazards, assess risks and how these can be controlled and relate these to other activities.
- Recognise, identify and respond to positive and negative peer influence

### In addition, participants should also have developed in the following:

- Interpersonal Communication
- Teamwork
- Increasing self-esteem
- Skill

## Learning outcomes

### Upon completion of the activity, participants will have:

- Worked as a team and supported each other throughout the activity.
- Built up new levels of trust with each participant.
- Increased their knowledge of techniques and personal skill level.

## Associated vocabulary

<b>Words relevant to safety</b>	e.g. boundaries, hazard, personal protective equipment, risk assessment.
<b>Words relevant to the activity</b>	e.g. balance, body position, climb, grip, hold, muscle, spotting, technique, traverse, walk, wall.
<b>Words relevant to teamwork</b>	e.g. achievement, communication, co-operation, encouragement, group, individual, listening, participation, review, support, trust.
<b>Words relevant to communication</b>	e.g. decision making, discussion, encouragement, instruction, listening, opinion, praise, support, understanding.