



Cat Walk

learnlink™

About the activity

An activity to test skills any cat would find easy! For your pupils, though, there are some thrilling challenges involved to test balance, skill and courage. After a climb to the top of a telegraph pole, individuals will need determination to tackle the series of beams and wires that lie ahead. For those watching, they'll offer support and encouragement from the ground as they grow stronger as a team and learn to appreciate each other's efforts.

Activity aims

The aim of this activity is to:

- Introduce the skills of climbing and balance with the necessary equipment.
- Allow each participant to experience climbing and balancing.
- Encourage the participants to set goals.
- Ensure participants support and encourage each other to achieve those goals.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Improve the quality and consistency of their climbing and balance technique.
- Take the initiative in evaluating their performance and that of the group.

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

- Interpersonal communication
- Teamwork
- Using initiative

Learning outcomes

Upon completion of the activity, participants will have:

- Demonstrated techniques to ascend descend and navigate challenges at height safely under supervision.
- Used specialist equipment and PPE, understanding its purpose and name.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Supported their peers throughout the activity and recognised achievements.
- An understanding of associated hazards and be able to assess risks and understand how these may be controlled.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety	e.g. hazard, personal protective equipment, risk assessment, safety area.
Words relevant to equipment	e.g. figure of eight, harness, helmet, karabiner, safety rope, belay.
Words relevant to the activity	e.g. climbing, belay, challenge at high, balance, gravity.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.