



Vertical Challenge



About the activity

Your pupils will be harnessed and instructed on how to belay each other, before making their way up a vertical course of suspended obstacles that includes climbing walls, cargo nets, crates and ropes. The Vertical Challenge develops physical skills as well as transferable skills including climbing, communication, cooperation and lots of group support.

Activity aims

The aim of this activity is to:

- Introduce the skill of climbing and the necessary equipment.
- Allow each participant to experience climbing.
- 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 or belaying 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 an approved climbing and belaying technique to ascend and descend 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.
- Developed an understanding of associated hazards, been able to assess risks and understood 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. climbing rope, figure of eight, harness, karabiner, maillon, safety rope, cargo net, crates, tyres. ALF.
Words relevant to the activity	e.g. abseil, belay, friction, gravity, hold, balance, strength, grip.
Words relevant to teamwork	e.g. achievement, challenge by choice, communication, encouragement, listening, participation, review, support, trust.