

Rock Climbing Wall

Item #10762

What Are The Educational Applications?

Rock climbing is a physical activity based on functional skills. It combines motor and perceptual skills with coordination and lateral movement skills. Rock Climbing Walls offer excellent physical education activities that include balance, fitness, flexibility, cooperation, and the physical skills of holding, pulling, pushing, lifting and bending.

The challenges of climbing offer a student the opportunity to work at his/her own levels of ability and confidence. The layout of the wall is flexible in design to allow for simple climbing, advanced challenges and cooperative activities.

How To Use This Product

Using the manufacturer's directions for installation and maintenance, the Climbing Wall is now ready for activity.

Safety:

- Use 2" or thicker mats under the climbing wall
- No jumping off the wall
- No feet shall be above the safety line designated for each group
- No racing while climbing
- No touching other climbers
- No using the wall without teacher permission and supervision

Activity 1 - Getting Up, Getting Down

Line students up in front of the wall and have students step up on the wall and hold on to the rocks. Have students step down without jumping down, then take turns getting onto and down from the wall at different locations.

Activity 2 - Getting Up, Moving Across, Getting Down

Line the students up with space between each group. There should be enough space for each student to move horizontally on the wall one set of rocks. Students get up on the rocks, move horizontally one set of rocks, dismount from the wall and repeat from the other side.

Activity 3 - Crossing Half the Wall

Students now start at each end of the wall and climb to the center of the wall where they will dismount. Repeat from the other side.

Activity 4 - Crossing the Wall

Starting at one end of the wall, students will climb the length of the wall and dismount at the other end. After everyone has accomplished this task, begin again from the other side.

Activity 5 - Different Paths

Starting at one end of the wall, students will follow the directed path to the other end on the wall.

Suggested paths:

- Use only one color rocks
- Skip every other rock
- Keep hands above/below a certain level
- Follow zigzag pattern on up and down levels

Activity 6 - Cooperative Challenges

- Carry a backpack filled with supplies (foam) to other side of wall
- Attach a tether (8' rope tucked in not tied) to two climbers who traverse the wall together.
- Have climbers start at opposite ends of the wall and cross in a safe place in the middle before completing the trip to the other side
- Get your whole group across the wall safely
- Place objects on rocks or use objects to designate which rocks can or cannot be used.

There are many other creative climbing experiences available to the teacher and students. Keeping safety first, the teacher can develop a series of movement experiences for the climbing wall.

How Can I Make This Product Developmentally Appropriate?

The wall can be designed to accommodate different ages, abilities, and sizes. By changing the location of the rocks, the level of difficulty and the type of climbing challenge can be made easier or harder.

How Does This Product Relate to Current Educational Thinking?

Benefits of Rock Climbing:

- Balance
- Movement skills: bend, pull, push, lift, climb
- Stability
- Joint Stability
- Proprioception
- Range of Motion

- Movement Planning
- Strength
- Posture
- Flexibility



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In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887