

Traverse Wall Activities

Activity #1: Up Down Relay Race



Teams of climbers race up and back down a climbing wall panel in this fast-paced, competitive climbing activity.

- **Materials Needed:** Tape
- **Grades:** 3-8
- **Instructions:**
 - Place a tape mark at the exact same height on each 4-foot-wide climbing wall panel. Be sure to select a high location that participants will be able to reach while still keeping their feet in the climbing zone.
 - Create teams of 2-4 people and line them up at the edge of the safety mats, each team in front of one panel section. For reference, if you have a 20-ft wide climbing wall, you will be able to have 5 teams of climbers competing.
 - At the same time, one person from each team runs to the climbing wall, gets on their climbing wall panel, climbs to and touches the tape mark and then climbs back down to the mat. Next, that person runs to and taps their teammate who will then run and climb to and touch the tape mark. The race continues in this way until each person has climbed three times. The first team to complete these climbs wins the race.

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Activity #2: Up Down Relay Race



Climbers avoid areas of “thin ice” on the climbing wall.

- **Materials Needed:** Tape
- **Grades:** 3-8
- **Instructions:**
 - Place a tape mark at the exact same height on each 4-foot-wide climbing wall panel. Be sure to select a high location that participants will be able to reach while still keeping their feet in the climbing zone.
 - Create teams of 2-4 people and line them up at the edge of the safety mats, each team in front of one panel section. For reference, if you have a 20-ft wide climbing wall, you will be able to have 5 teams of climbers competing.
 - At the same time, one person from each team runs to the climbing wall, gets on their climbing wall panel, climbs to and touches the tape mark and then climbs back down to the mat. Next, that person runs to and taps their teammate who will then run and climb to and touch the tape mark. The race continues in this way until each person has climbed three times. The first team to complete these climbs wins the race.