



# EVERLAST CLIMBING™

A PLAYCORE Company



## ADD ON

Climbers traverse the climbing wall by repeating and adding onto each other's moves.

**Grade Level:** 4 and up

**Grouping:** Small groups, divided into groups of 3 participants

**Materials:**

- Gaffers Tape or cones

**Advance Set Up:**

Using tape or cones, divide your climbing wall into three or four-panel sections. For example, if you have a 40' wall, you will create two 3-panel sections and one 4-panel section.

**Activity:**

Create groups of 3 people. Each group will be given a section of climbing wall on which to climb. Have each group decide who will be the first, second and third climber.

The first climber gets on the wall and does three moves. These moves must be distinct and involve no more than three hand or foot holds. Then s/he climbs down and the second climber repeats the moves of the first climber and adds one additional move, after which s/he climbs down. The third climber then gets on the wall, repeats the moves of the two previous climbers and adds one more move. The routine continues for as long as the group can manage. When



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they reach the end of their panel section, they can reverse direction. If at any point in time a climber cannot complete the series, simply have that climber step down and have the next climber in the rotation try. Encourage the climber who missed on his/her attempt to try again when it is his/her turn.

**Variation:** To simplify the activity, use tape to mark the holds that are used or have one person point out the holds that should be used.

**Teaching Tip:** Set the expectation that participants should support and encourage one another, rather than compete.

**National Standard(s):** 1,2,3,4 & 5

### **Grade-Level Outcomes:**

- Nonlocomotor (S1.E7, S1.E8, S1.E10)
- Movement concepts (S2.E1, S2.E2)
- Engages in physical activity (S3.E2, S3.M3, S3.M4, S3.M5)
- Personal responsibility (S4.E1, S4.E2, S4.M1, S4.M2)
- Working with others (S4.E4, S4.M4, S4.M5)
- Rules & etiquette (S4.E5, S4.M5, S4.M6)
- Safety (S4.E6, S4.M7)
- Challenge (S5.E2, S5.M3)