

WELCOME TO THE WALL



Students simulate a climb across the Traverse Wall.

materials needed:

Masking Tape

Endpoint Marker (like a cone)

activity:

This activity is designed to introduce students to the Traverse Wall in a nonthreatening manner. By using this activity as a starting point, you will reduce the anxiety that some students may feel and increase their perception of being supported by their class and teacher.

Have your students form a line parallel to the Traverse Wall. The person at the front of the line starts the activity by walking alongside the wall and doing a simulated climb using only his/her hands while his/her feet walk forward on the gym floor. The purpose is to get the students accustomed to the “feel” and “use” of the hand holds. Have each student do this “walk through climb” several times. On the second and third walk through, have each climber problem solve about how the different shapes and sizes of holds can dictate different finger placement on and around the hold.

To prepare your class for use of their feet on the wall, place several pieces of masking tape or small colored disks at varying intervals on the floor to simulate what it feels like when you have to reach for a foot hold. Have students repeat this simulation several times.

Upon successful completion of these walk throughs, the students are ready to attempt their first climb on the Traverse Wall. Begin by having each student climb for a distance of one panel. Place a cone or other marker at the endpoint and ask each student to step down upon completion. By monitoring closely the distance that each student climbs, you will increase the percentage of students who feel successful and downplay the importance of “who climbed the greater distance!” After the class has climbed the length of the panel, increase the distance by an appropriate length and again climb until the class meets this goal.

Refer to pages 1 - 4 for descriptions of abbreviated skills listed here:

**Skills Developed : SES8 - SES9 - CS2 - CS5
CS6 - PS1 - PS2 - PS3 PS5 - PS6**

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after the activity:

Save ten minutes at the end of your class period to process the day's activities. Some possible idea starters for positive reflection include:

- Opportunities for students to say thank you to a classmate who may have supported and encouraged them.
- Opportunities to recognize students for their outstanding effort.
- Recognition of students who showed unusual courage.
- Opportunities to discuss feelings about the activity. Did feelings prior to climbing remain the same after climbing?



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