

Climbing in Physical Education

Kids take naturally to climbing – after all, most can climb before they can walk. Climbing offers young people cross-curricular benefits and is a great activity to help grow confidence, team and leadership skills, coordination and fitness. Interested? There is a clear learning pathway to follow and extra support available to schools and clubs.

Where to next?

Step One: find out more @ www.ClimbScotland.net

Check out the online gateway to climbing for young people in Scotland. It offers the latest news and views, a calendar of events and competitions, advice and features to inspire kids, parents, teachers and others to get climbing, and you can search for climbing walls and clubs are near you.

Step Two: get in touch & get support

Want to give young people a taste of climbing, get it on the curriculum at your school, make the most of an under-used traverse wall or set up a club?

The ClimbScotland development team can support you with advice, planning, climbing activities, plus staff and volunteer training. Get in touch via info@ClimbScotland.net or call 01738 493942.

Step Three: follow the pathway @ www.NICAS.co.uk

The National Indoor Climbing and Bouldering Award Schemes (NICAS and NIBAS) promote climbing development and accredit individual achievement on artificial climbing structures.

The schemes provide structured progression over five levels for anyone aged 7 years and upwards, and are offered at many Scottish climbing walls. They aim to:

- Develop climbing movement skills and improve levels of ability
- Learn climbing rope work and how to use equipment properly
- Develop risk assessment and management skills
- Work as a team, communicate with and trust climbing partners
- Improve motivation and record achievement
- Understand the sport, its history and ethics

Cognitive Skills >

- I can be **creative** when deciding the moves required to complete a climb
- I use **problem-solving** skills before and during climbing to decide which movements are required
- I have to **focus** to make sure I climb efficiently
- I need to **concentrate** on the movement of my body to improve my performance
- I have to **follow** the instructions given to me to perform the task

Physical Competencies >

- I use my **kinaesthetic awareness** to enable me to orientate my body appropriately
- I use my **gross motor skills** to perform more complex climbing moves
- I use **rhythm and timing** to climb efficiently
- I can use **coordination and fluency** to link my climbing movements
- I can control and adjust my **body position** to allow me to stay balanced when climbing
- I use my **fine motor skills** to grip holds in a variety of ways

Physical Fitness >

- I develop all aspects of my **physical fitness** to perform a variety of climbing moves
- I have the **flexibility** to climb efficiently
- I can use my **core stability** to keep balanced and in control
- I use **strength and stamina** to succeed at my climb
- I can vary the **speed** of my movement to stay in control

Personal Qualities >

- It is my **responsibility** to behave in a safe and appropriate manner when taking part in climbing activities
- I am determined and will use my **resilience** to develop as a climber
- I use my **leadership skills** when climbing to help **motivate** my peers
- I am **respectful** and **tolerant** of others
- I can **communicate** in a variety of ways to stay safe and learn
- As I discover new climbing skills my **confidence** increases



www.climbscotland.net



www.nicas.co.uk

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the national agency for sport