

LESSON PLAN

1.0 Lesson 1

- 1.1 Conditions and rules of use of wall – safety issues, toilets, fire exits
- 1.2 Description of the wall.
- 1.3 Warming up and stretching exercises.
- 1.4 Brief period on bouldering wall showing features/holds and explain traversing.
- 1.5 Fit harness.
- 1.6 Fit shoes.
- 1.7 Introduction to actual climbing, quick go on walls.
- 1.8 Stretching and warming down.

2.0 Lesson 2

- 2.1 Warming up and stretching.
- 2.2 Independent fitting of harness - doubling back, **O** and **C**. (locking the harness).
- 2.3 Video or photographs of belaying and tying knots.
- 2.4 Division into groups of 3 – for belaying, climbing, lowering, backing up.
- 2.5 Teach belaying and tying of knots, safety issues.
- 2.6 Holding a fall.
- 2.7 Stretching and warming down.

3.0 Lesson 3

- 3.1 Warming up and stretching
- 3.2 Consolidation of tying knots, belaying, lowering off, holding a fall, climbing in groups of three.
- 3.3 Reinforcement of safety.
- 3.4 Communication and calls
- 3.5 Warming down and stretching

4.0 Lesson 4

- 4.1 Interim Assessment – personal skills assessed, weaknesses identified that need to be worked on.
- 4.2 Warming up and stretching.
- 4.3 Consolidation of tying knots, belaying, communication and working in groups of three.
- 4.4 Discussion on outdoor climbing – show a video. Set questionnaire for homework – to discover answers themselves (give advice on books and websites).
- 4.5 Warming down and stretching

5.0 Lesson 5

- 5.1** Warming up and stretching.
- 5.2** Consolidation of tying knots, belaying and communication, working in threes and holding a fall.
- 5.3** Discussion of questionnaire.
- 5.4** Climbing grades.
- 5.5** Climbing techniques – movement on the wall, three points of contact. Use of different holds e.g. hand jams, laybacks, and crimps etc. Types of holds.
- 5.6** Abseiling
- 5.7** Warming down and stretching

6.0 Lesson 6

- 6.1** Warming up and stretching.
- 6.2** Consolidation of tying knots, belaying holding a fall and communication.
- 6.3** Climbing techniques.
- 6.4** Abseiling.
- 6.5** Bouldering techniques and traversing.
- 6.6** Safety issues.
- 6.7** Final Assessment and discussion of course.