

Climbing

Climbing offers opportunities to participate in a new activity which requires little equipment and can be accessed by all. It is a very physical activity and extends levels of fitness, reinforcing the skills of balance, flexibility and co-ordination.

Mobile Bouldering Wall

Greenbank has a Mobile Bouldering Wall delivered to school once each term. Key Stage 1 take full advantage of this and have sessions with our own Climbing Instructor.



Littleborough Climbing Wall

In Year 3 the children move on from bouldering to top rope climbing. They begin to use the skills they have learnt in key stage 1 to help them to climb the wall and learn the basic steps of how to put on a harness correctly. They are introduced to some of the knots that are tied to secure the climber to the rope. This is a big step up for the children and is a great test of trust and confidence!



Manchester Climbing Wall

Used as a step up from previous walls, Manchester Climbing Wall is set in a converted Victorian Church with lots of history. Here the walls are higher and are a lot more challenging

In year 4 and 5, the children are introduced more advanced techniques. We ensure that the children learn and understand the rules and know how to keep themselves and other climbers safe. They become much more independent by year 5, fitting their own harnesses and tying the appropriate knots with very little help from the staff. They also progress to more challenging climbs in year 5 including big overhanging walls!

For more information on Manchester Climbing Wall click the link below:

<https://manchesterclimbingcentre.com/>



Cow's Mouth Quarry

Once in Year 6, the children are lucky enough to experience outdoor climbing at Cow's Mouth Quarry, a local outdoor climbing venue. This is a huge step up from indoor climbing but the children rise to the challenge. It is great to see all the previous years practice coming to fruition with some absolutely outstanding climbers!



Benefits of Climbing

<p>Social</p> <ul style="list-style-type: none"> Encouraging others Sharing Turn taking Negotiating Empathy Building trust with peers and adults Developing a caring attitude Friendships 	<p>Health</p> <ul style="list-style-type: none"> Fitness Strength Endurance Awareness of their body and its capabilities Movement and balance Self-esteem and positive mental health
<p>Personal</p> <ul style="list-style-type: none"> Decision making Self confidence New experiences Life long memories 	<p>Emotional</p> <ul style="list-style-type: none"> Sense of personal achievement Personal challenge Fun Confidence building

Self-motivation	Overcoming fears and phobias
Listening	Encouragement of others
Personal responsibility	Self-awareness
	Self-respect
	Sense of adventure