

Tuia ki Tawhiti - Movement Strategies and techniques for Rock Climbing

Some key concepts

- Foot work - weight transfer (power of feet and legs)
- Lines of ballance, Centre of gravity, line of gravity, base of support
- Straight arms/rest/twist lock (tactical movement)
- Sequencing - (speed +pace)(tactical resting)
- Body awareness (adjusting body position)

Game and Activities

Silent feet - Foot work

In pairs, 1 partner stands 2-3 metres back from the wall with a blind eye or closed eyes. The climber must try to climb up the wall to the red line, touch their nose on the line and back down without the partner hearing them. If they make a noise they must come down and start again. 3 chances then swap over.

Elimination - sit start, Twist lock/Rests, tennisball, one hand

In a group of 2-5 choose a blue taped off area to play in. The first person climbs up the wall to the red line and touches and holds a climbing hold for 3 seconds above the red line while still keeping their shoulders **below** the red line. Climb down **don't jump**. They then select one hold to be eliminated. The next climber climbs to the selected top hold but cannot use the hold that has been eliminated.

Hula hoop - Sequencing

In pairs 1 partner holds a hula hoop for their partner to climb through. This can be on any angle, anywhere in the boulder space on the wall as long as they can get through the hoop. Climbers must start on the wall then work out the best sequence to get through the hoop. Extension - hold it low for a sit start or 20cm out from wall.

Twister - Body awareness

In groups of 3-4. Designate one twister master to spin the twister wheel. Other competitors start on the wall then must move their holds according to the colour selected on the wall. Play for a designated time or until failure. Extension - all in twister with everyone on the wall. Combat twister students can push and pull others off.

Other games/activities

Add ons -In a group of 2-5 choose a blue taped off area to play in. Player one puts both hands and feet on the wall then selects one hold to move either feet or hands to. You must hold the hold for 3 seconds for it to count. Player two starts in the same place moves on to the previous player's hold then adds one of their own. Each player adds on a move each time they take their turn. If you forget the sequence or can't make the move you lose one life. 3 lives lost out.

Gladiator - on top rope

One challenger, one Gladiator. The aim is for the challenger to get to the top of the climb before the Gladiator pulls them off the wall. If the challenger makes it they become the Gladiator. Have a 3 second timed difference on the start or when the last foot is above the red line.

Paper scissors rock

Two teams starting at either end of the rock wall. One member traverses the wall as fast as they can before they meet the other team's player. When they meet they play paper scissors rock, the winner stays on and continues to traverse. Loser hops down and another member from their team starts to climb out from the end of the wall. Winning team is first to make it to the other end.

Top Rope climbing extensions

Tails - Place tails on the climbers to represent the line of gravity. They must keep this inside of their base of support (legs) while climbing and as close to the wall as possible.

Hip Boppers - Accentuate the twisting movement. Place a stick or cricket wicket on the back of the climber harness. Every time they reach with their hand they must tap the stick

Blind Fold - where a blind fold when climbing up and down.

Down climbing - When you make it to the top climb down without putting your weight on the rope. This helps you with precise foot placements.

Tennis Balls - Climb with one or two tennis balls to understand the importance of using your feet.

Rock-climbing – movement strategies. NCEA PE Achievement Standard 1.1

Applied settings could be:

- An indoor/outdoor climb not familiar to ākongā (climbed no more than 3 times)
- An indoor/outdoor boulder problem not familiar to ākongā (climbed no more than 3 times)

Demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb.

**Tactical movements could include but not limited to: drop knee/twist-lock; back step; rock over; flag; full arm extension; cross through; match; dyno; jam (body, fist, foot); bridge; layback; mantle; crimp; side pull; gaston; under-cling; pinch; edge; palm; smear; heel hook.*

Anticipating and responding to the physical environment by using tactical resting positions when appropriate, to complete the climb or a section of the climb.

**Tactical resting positions could be demonstrated by: Full arm extension allowing the weight of body to hang on the skeleton rather than biceps, triceps and shoulder muscles; frog pose; shaking arms/hands out, knee bar; bridging; weight on feet or heel of foot; leaning into a corner; pushing 1 hip into the wall.*

Demonstrate coordination and fluidity to purposefully use power of feet and legs to complete the climb or a section of the climb.

This could be demonstrated by:

- Rocking over
- Placing feet before hands
- Limited weight on arms (straight arms)

Anticipating and responding to the physical environment (type of climb i.e. slab, overhang, delicate, pumpy) by changing speed/pace appropriate to the complete the climb or section of the climb.

i.e. pumpy/overhung - move from rest spot to rest spot, delicate/slabby – slow precise movements

Anticipating and responding to the rock/wall by adjusting body position with coordination and fluidity to maintain balance and control to complete the climb or a section of the climb.

This could be demonstrated by:

- Twisting hip in close to the wall
- Moving to keep weight over feet
- Back step; knee drop; flag

Step-ups

Merit - Consistently demonstrating a range of movement strategies throughout the climb and across multiple climbs.

I.e. Consistently demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb

Excellence - Effectively demonstrating with intent and proficiency a range of movement strategies throughout the climb and across multiple climbs.

I.e. Effectively demonstrate proficient and intentional appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb.