



Canalside Centre

Climbing Taster Session

About the Activity:

What is it?

This is an exciting session that introduces young people to the sport of climbing. Basic skills are developed with the primary focus of the session being fun.

How do I do it? Who is the Event For?

All young people (9+) – aimed at Key stage 2 and 3.

Aim of the Event:

- To introduce young people to climbing and allow them to participate in a sport they may not have tried before.
- To present young people with an alternative method of improving strength and fitness.

Where does this take place?

At the Canalside Centre.

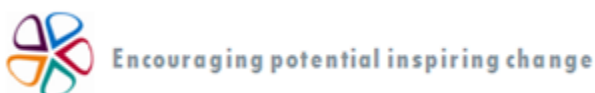
Learning Outcomes:

Upon completion of the activity, participants will have:

- Demonstrated the ability to listen to, understand and act on instructions received.
- An understanding of some of the necessary personal protective equipment associated with climbing and how to correctly wear it.
- Gained an understanding of the importance of warming up before an activity.
- An understanding of how to climb ensuring correct technique.
- Gained confidence in taking part in a new sporting activity.
- Gained self esteem.
- Gained self awareness.

Progression Opportunities:

- Participate in a free session at Canalside Centre
- Participate in an accredited climbing course
- Work towards NICAS awards





Accreditation:

- Progression towards NICAS Level 1 Foundation Climber.

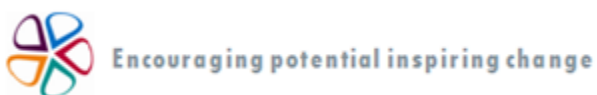
Additional Support recourses:

- NICAS Level 1 Foundation Climber Start Syllabus

Canalside Centre: School Programmes

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