

One Day introduction to Climbing Activities for GCSE PE

Students learn about safe use of personal protective equipment (helmets and harnesses).

Students spend time developing skills in this highly popular activity and will carry out a range of challenges. The students will be coached to improve the range, difficulty and quality of their skills and techniques.

There will be time for handling of ropes and equipment; attaching rope to harness; basic knots, belaying, movement on surface or wall; and use of different holds.

A typical day might include arrival for a 10am start and leaving at 2pm with a lunch break. You will have 3 hours of contact time with our instructors. We will also provide you with some self-led practice activities such as knot tying over the lunch time to ensure you get the best value out of the day. We aim to provide students with an action-packed day with many learning opportunities.

Students will use our Climbing Wall and have an opportunity to ascend one of our High Rope elements such as Monkey Trees or The Eliminator.

The activities are run by our trained instructors. We are happy to provide details of qualifications. We will follow your exam board syllabus.

Cost: £12.00 per pupil.

Group size: 12 pupils.

Teachers: Free.

Next step?

To book, please call 01543 682278 or email info@beaudesert.org.uk

www.beaudesert.org.uk