

CLIMBING IN THE CLASSROOM

Climbing in the Classroom Benefits

What does climbing do for those who practice the activity?

Lionel Terray was very accurate when he said that it is the mountaineer who best understands the value of life. This quotation from one of the century's most renowned mountaineers could very well have been applied to rock-climbing, an activity that constitutes a remarkable schooling for life. No other activity that we know of calls upon the skills of the individual to such an extent. It is not just a question of developing a couple of specific motor skills, although that naturally happens as well. Climbing develops a person's inner strength, leading them at the same time to a fuller understanding of how one should relate to others and society at large.

Climbing activities also lead to a perception of the individual as a whole, as he or she learns to take charge of their whole being, from their emotional reactions right through to the most skilful motor movements. There is a side to climbing where individuals come face to face with their own apparent limitations, but are encouraged to surpass them each time they mount on the wall. This confrontation, if you like, taking place in a context where climbing is presented as a game, always brings out the most surprising, even astonishing responses. And when one is able to transfer this learning into everyday life, climbing really does become a magnificent schooling for life.

If rock-climbing occupies its own special place among the numerous other outdoor activities, it wasn't so long ago that it was reserved for an elite group. The creation of artificial climbing walls has opened up a world of possibilities to a new generation that would not otherwise have had access to this sport.

What are the benefits of a climbing wall for students?

From a very young age, children climb on chairs, up trees, up staircases, up and down hills, on tables etc. In short, anything may provide a pretext for climbing because it is an activity that stimulates children's creativity. It also contributes to their development in terms of understanding about their bodies and it is always of interest to them because of its infinite variety and the possibilities it offers to their imagination.

In addition, climbing is something now widely practiced in our society. With the advent of the climbing wall, it is tempting for schools to offer their students the chance of doing an activity that they may not be able to do anywhere else. Indeed, when one realizes the extraordinary potential for learning experiences, especially with respect to taking responsibility for oneself and accepting personal challenges, it is easy to see that the climbing wall has a proper place within the field of education.



KIWI ROCK CLIMBING

**ROCK
YOUR
WORLD**

Phone: 027 6023558 Email: kiwirock@woosh.co.nz