

Rock Climbing

MULTI DIMENSIONAL LEVELS of LEARNING & POSITIVE AFFECTS

V.A.K Totality:	All level learning, Rockclimbing is Visual, Auditory & Kinesthetic
All Gender and Age:	Fit enough to jog or run is fit enough to climb 15 to 130 kgs
TEAM Exercise:	Buddy system, Checking Harnesses, Common Safety & Goals
Fear & Response:	Most people are afraid of heights, yet learn to Push & Climb On!
Fight or Flee Conflict:	Fear brings on this self preservation auto response to conquer
Faith & Confidence:	You have to....Let GO at the top to Descend Down
Responsibility:	Learning acceptance for actions in trying to achieve in front of peers And maintaining personal safety gives responsibility through action.
Recognition of Skills:	People that are not as academic gain respect of peers
Peer Equality:	Gained from the proof in action in a shared experience felt by all.
Bonding:	The Shared Experience leaves an often lasting common memorable bond and a feeling of elation.
Realism:	The Feel of wind on the face, the sky moving & weather, sunny or rainy, all add to create a real experience.
Health Assessment:	To reach the Top requires Strength, Endurance & Stamina with Oxygenation, Raised Cardio Action, Full Anatomical Workout & Toxic Excretion, this allows for wellbeing assessments.
Mental Challenge:	Overcoming the Fear of Falling, Failure & Emotions = Positivism
Practice to Improve:	The More they DO & Listen, the Higher they go.
Goal Setting:	To Climb & Push the siren button is Seeable, Hearable & Achievable
Reward for Attainment:	Certificates, Plus the higher you GO, BIGGER the Ride DOWN!
Attitude Assessment:	Climbing to the top requires a Positive Active Attitude.
Natural Adrenalin Hit:	Everyone gets the Adrenalin Rush with the descent down.

ROCKCLIMBING & EOTC ACTIVITIES



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