

**Elementary, Middle and High School Teachers are urged to share their ideas about the teaching of physical education.** Individuals are encouraged to present research or position papers, activity ideas or any other relevant program. Proposals will be accepted until October 31, 2019. Proposals should include a **one-page typed submitted as a Microsoft Word document (so it can be posted to our web page) via e-mail attachment, along with the completed form below** and be sent to Kim Thompson. Deb Baber, Judy Phillips and Don Puckett will also be assisting with the selection of presentations. Hard copy submissions will be accepted, but we may not be able to post to our web page as part of the proceedings following the conference.

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## Call for Papers & Activity Presentations

Presentation Title \_\_\_\_\_ Rock Climbing \_\_\_\_\_

Type of Presentation \_\_ Activity Idea \_\_\_\_\_

Space Needs \_\_ general room \_\_\_\_\_ Will you use music? Yes **No**

Equipment You Need Us to Provide (How many participants will this amount serve?)

\_\_\_\_\_ PowerPoint \_\_\_\_\_

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Audience Addressed \_\_\_\_\_ PE teachers \_\_\_\_\_

Length of Presentation Check One:      25 Minutes

Your Name, Position \_\_ Dr. Lauren Holzberg, Professor of Kinesiology and PE at Valdosta State University \_\_\_\_\_

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When I was teaching 3<sup>rd</sup> grade students, our school gym had an indoor rock wall. We also had the opportunity to take the students to a real indoor rock climbing gym for a day. I believe rock climbing should be part of every PE school curriculum.

Want students to be active and enjoy life long lessons? What better way than rock climbing. By building a school rock climbing wall students can enjoy the many benefits of climbing. Rock climbing is a full body workout. It is also a mental sport that requires math and puzzle solving. Rock climbing is very personalized with students setting their own goals and their own successes. By having a school rock climbing wall, students will also learn the importance of responsibility and risk management.

Here are some games teachers can do with their students during rock climbing.

**Rescue Mission.** Student carries a duffle bag filled with soft balls to simulate medical supplies. These supplies are needed by survivors of a plane crash at the other end of the wall. Climb a large section or the entire wall. Variation: Student carries a doll to simulate a human rescue they came across while climbing

**Reverse Climb.** Using proper technique climb to the left – or the opposite way.

**Silent Feet.** Place cones on mat and floor every 4-6 panels with students climbing in specific area. Instruct students to climb as silently as possible. Higher skilled climbers use precision when stepping and reaching for rocks. No music is used as you want to hear how quiet students can be. Have students move to all areas and climb silently.

**Two Panel Climb.** Set cones on floor and on mat every two panels (1, 3, 5...). Have students sit behind a floor cone in small groups. Students climb two panels only for a period of 1-2 minutes. On the teacher's signal, the entire group moves to next two panel section until the entire wall has been climbed. Variation: with higher skilled groups have students go forward on first turn, backward on second turn and touching all the rocks on third turn

**Twister.** Have partners, one student on the wall with the other student nearby. One student calls out commands such as left hand red, right foot yellow to their fellow student on the wall. Try to move your partner from one panel to next up and down. Switch places. Variation: Use a real twister spinner, if a child cannot move they can skip that call.