

Rock-climbing – movement strategies. NCEA PE Achievement Standard 1.1

Applied settings could be

An indoor/outdoor climb not familiar to ākongā (climbed no more than 3 times)

An indoor/outdoor boulder problem not familiar to ākongā (climbed no more than 3 times)

Demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb.

**Tactical movements could include but not limited to: drop knee/twist-lock; back step; rock over; flag; full arm extension; cross through; match; dyno; jam (body, fist, foot); bridge; layback; mantle; crimp; side pull; gaston; under-cling; pinch; edge; palm; smear; heel hook.*

Anticipating and responding to the physical environment by using tactical resting positions when appropriate, to complete the climb or a section of the climb.

**Tactical resting positions could be demonstrated by: Full arm extension allowing the weight of body to hang on the skeleton rather than biceps, triceps and shoulder muscles; frog pose; shaking arms/hands out, knee bar; bridging; weight on feet or heel of foot; leaning into a corner; pushing 1 hip into the wall.*

Demonstrate coordination and fluidity to purposefully use power of feet and legs to complete the climb or a section of the climb.

This could be demonstrated by:

- Rocking over
- Placing feet before hands
- Limited weight on arms (straight arms)

Anticipating and responding to the physical environment (type of climb i.e. slab, overhang, delicate, pumpy) by changing speed/pace appropriate to the complete the climb or section of the climb.

i.e. pumpy/overhung - move from rest spot to rest spot, delicate/slabby – slow precise movements

Anticipating and responding to the rock/wall by adjusting body position with coordination and fluidity to maintain balance and control to complete the climb or a section of the climb.

This could be demonstrated by:

- Twisting hip in close to the wall
- Moving to keep weight over feet
- Back step; knee drop; flag

Step-ups

Merit - Consistently demonstrating a range of movement strategies throughout the climb and across multiple climbs.

I.e. Consistently demonstrate appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb

Excellence - Effectively demonstrating with intent and proficiency a range of movement strategies throughout the climb and across multiple climbs.

I.e. Effectively demonstrate proficient and intentional appropriate tactical movements with coordination, purpose and fluidity in response to the physical environment (rock/wall) to complete the climb or a section of the climb.