



Traverse Challenge



The Task

To climb or move sideways along things.

How?

- Pick a variety of things that can be climbed or moved along.
- Explain to pupils that they need to stay low and stay safe. As a good guide their feet should never be higher than your knees if they were stood on the ground.
- Start with lines on the playground, move onto kerbs, fences, walls, playground equipment, traverse walls, trees, tree routes.... the list is endless, be creative!
- Use your surroundings and see what the children can 'traverse', even just getting off the ground counts to begin with.
- Can they move, travel a distance without touching the ground?

Considerations

- Discuss; whether they find it easier using the tip of your toes, the inside edge or outside edge of your foot?
- Do you need your hands to support you, try letting go with one hand at a time to balance, maybe even both at once!

What will you need?

Suitable grounds
Appropriate footwear





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Organisation & Layout

- Large enough space for pupils to spread out; playground, park, fields, sports hall.
- With larger classes split them into groups of 10-12.
- Brief whole class together - send individuals away to think of answers then return on your signal.
- A whistle or similar is useful to signal their return.
- Hoops or crates can be used to identify thinking places.

Learning Objectives

- Target Curriculum level 1,2,3.
- Science - Friction.
- Nature.
- Movement skills: Balance, muscle use.
- Problem solving.

Safety Information

- Emphasise and manage staying low. If necessary, pupils can take it in turns so you can ensure that no 'climbing' occurs.
- Create strict rules and keep everyone in sight at all times.
- Stay low and stay safe, your feet should never be higher than your knees if you were stood on the ground.

Review & Assessment

- How does different angles, slopes, wet, dry, rough, smooth effect your ability to traverse?
- Does the material that you are standing on make a difference? Wood, brick, concrete etc.
- Do the shoes you are wearing make a difference?

Additional Links & Support

[Blairvadach Traverse Challenge - YouTube](#)

[Traverse Wall - Climbing Games pdf](#)

