

# CLIMBING CLUB



## SESSION INFORMATION

---

Climbing is way more than just a fun thing to try. Done regularly it has **huge health benefits**, including increased strength, muscle building, improved cardio, flexibility, and mental well-being.

Indoor rock climbing and bouldering **positively impact mental health** through the strategic approach to challenges and problem-solving.

Climbing is a dynamic exercise that combines strength, cardio, and risk management. It is often described as **solving a puzzle with your body**, requiring strategic thinking, adaptation, and pushing yourself to make a move even if you think you'll fall.

The challenges of climbing are unlimited. The variety not just in difficulty, but the types and degrees of walls, different holds, and body positions are almost infinite. It also doesn't get easier as you improve, the routes just get harder.

## LEARNING OUTCOMES

- Team work and resilience
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

## Outreach Alternative Provision



---

All outreach referrals to be made via the Foundry College website:

[www.foundry.wokingham.sch.uk](http://www.foundry.wokingham.sch.uk)