

## Year 8 Castle Rock Climbing Centre—8 July 2022

On Friday 8th July 2022, twelve Year 8 pupils were invited to attend The Castle Rock Climbing Centre in Stoke Newington. This was a reward trip for being in the top twelve on the Coach Miles Leader board. With the use of Jack Petchey money donated by **Lara 8F**, pupils enjoyed two and a half hours learning to boulder and use ropes in the UK's largest climbing centre.

With a couple of pupils having a little bit of experience of climbing before they were visibly excited and nervous in equal measures. They were split into two small groups by their instructors and taken to get their climbing shoes. Both groups were reassured at the start with a health and safety briefing which included the best way to fall from height. They then went onto learning the basics of bouldering and there was no turning back. One group continued with the more advanced bouldering walls whilst the others switched over to rope work. Each group then switched activity with their instructor and worked out their preferred climbing method. Bouldering for those that like to build core strength and rope work for the endurance athletes.

Teamwork and trust pushed to the forefront, the pupils overcame all fears and challenges thrown their way. With smiles (some through gritted teeth), the odd broken toe nail and the emergence of new arm muscles, they were physically and mentally exhausted after a great work out.

**Jules Brosnan, Head of Physical Education**

