

NCEA Rock Climbing

What

What outdoor activity did I participate in?

What responsible behaviours did I demonstrate?

How

How did my behaviour affect physical safety?

How did my behaviour affect emotional safety?

How do I know that my responsible behaviours affected physical and/or emotional safety?

Why

Why did my behaviour affect physical safety (positive or negative)?

Why did my behaviour affect emotional safety (positive or negative)?

So ...

What are the consequences of my responsible behaviours?

Do I need to change my behaviour? If so, how?

What was the influence of my responsible behaviours on safety?

The outdoor activity that I participated in was rock climbing **and the responsible behaviour that I have demonstrated is** teamwork. **I demonstrated this by** working well and responsibly with others. For example, when my group was being taught how to belay, Zara and I paired up and worked together during the lesson. When one of us was belaying we would communicate with the climber and help her get to the top. When one of us was climbing they would also be communicating to the belayer. We would talk to one another appropriately and sensibly. **I chose this skill because** I think that I worked well as a team and I was responsible and careful. **Teamwork had a positive affect on my physical safety because** working with someone as a team with good communication and trust helped us both keep safe and achieve our goal. For example, when I was belaying Zara, half way up the wall Zara wanted to come down but I said no because I knew that she could make it to the top. I let her have a short break and then she started climbing again. After many times of her wanting to give up she still made it to the top because I was helping and supporting her along the way. **Teamwork had a positive affect on my emotional safety because** having constant moral support kept us feeling safe and we could trust each other. For example, when I was climbing and Zara was belaying, she was supporting me and making sure that I was okay as I was climbing. **The consequences from my responsible behaviour** were that my safety was secure and looked after. **My behaviour was** great when I was working with people as a team. I personally don't think I need to improve anything to do with teamwork. **The influence of my responsible behaviour on safety was** that I now have learned that it is emotionally easier working with someone rather than working alone as it feels more safe. I also learned that in order to effectively complete a task I must apply the skill of teamwork in everything that I do. This is why I chose teamwork as one of my two responsible behaviours.

The outdoor activity that I participated in was rock climbing **and the responsible behaviour that I have demonstrated is** self management. **I demonstrated this by** looking after my own well being and taking responsibility for my actions. For example, every time I wanted to climb one of the (red roped) rock climbing walls, I would clip myself in and always double check that everything was secure and in-place. Not only did I do that but I also made sure that the Caribbean rope was always clipped onto something to ensure that it would not get loose and fling up to the top of the climbing wall. **I chose this skill because** I believe that I self managed myself responsibly and I made sure that my safety and well being was not at risk. **Self management had a positive affect on my physical safety because** by taking control of my actions, I was able to be responsible for myself and stay safe at my own risk. **Self management had a negative affect on my physical safety because** if I had acted silly and irresponsible then that could put my safety at risk and I could hurt myself. **Self management had a positive affect on my emotional safety because** by self managing myself, I was learning along the way, how to look after myself sensibly and also I was looking my my safety mentally and ensuring that I was feeling safe and protected. **The consequences from my responsible behaviour** were that my safety was not endanger by taking responsibility or myself. For next time, I think that I need to follow instructions more thoroughly and not disobey the rules. This is because whilst being at the rock climbing facility, I went on the kids playground when I knew that I was not supposed to. I learned my lesson and that was to always listen and follow instructions. **The influence of my responsible behaviour on safety was** that I now have learned that self managing my own behaviour responsibly is very important because it keeps my physical and emotional safety protected and safe. This is why I chose self management as one of my two responsible behaviours.