

The Whittle

The Whittle is a large climbing apparatus that provides countless options to discover "movement answers" to "movement challenges". Through sequences of developmentally appropriate activities, the Whittle provides infinite benefits and proves to be a crucial part of movement education. The whittle is made up of 6 A-frames connected by 7 different crossovers consisting of an incline ladder, 2 rainbow ladders, monkey bars, parallel bars, cargo net, and a horizontal bar. Led by physical education specialist, students are guided through basic movement exercises and challenges to increase their comfort level and instill confidence prior to individual movement exploration. The students are then guided and encouraged to demonstrate problem solving skills by making safe movement decisions. The instructed whittle tasks are consistently modified to meet goals oriented to age appropriate levels and abilities. By incorporating more advanced gymnastic activities, the 4th and 5th grades are challenged to practice at their individual comfort level using both parallel and horizontal bars. Throughout the unit, students demonstrate increased levels of confidence in basic movement skills and courage to face fears, problem solving, cooperation, critical thinking, movement terminology, directionality and fitness. Year after year the Whittle proves to be an enjoyable and exciting activity and a valued tool for physical education.