



# ROCK CLIMBING MODULE

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## ROCK CLIMBING

Grade-Level Outcomes Addressed, by Lesson	Lessons													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</b>														
Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)	P	P	P	P	P	P	P	P	P	P	P	P	P	P
Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L2)								E						
<b>Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.</b>														
Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)	P		E	E		P			P		P	P	P	P
Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)			P	P		P		E	P	E				
<b>Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</b>														
Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)											E	P		
Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)					E									
Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation [PNF], dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)	E													
Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L1)													E	
<b>Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.</b>														
Uses communication skills and strategies that promote team/group dynamics. (S4.H3.L1)	P	E		E	E								E	P
Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)	P	E				E								
Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)	P	P	P	P	P	P	P	P	P	P	P	P	P	P
<b>Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.</b>														
Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)												E		
Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)							E						E	

P = Primary; E = Embedded