

LESSON 14: INDOOR CLIMBING GYM

Grade-Level Outcomes

Primary Outcomes

Lifetime activities: 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)

Movement concepts, principles & knowledge: 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)

Safety: 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)

Working with others: Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)

Embedded Outcome

Working with others: Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)

Lesson Objectives

The learner will:

- apply the skills and techniques from this module while participating in an authentic indoor climbing experience.
- engage in safe climbing practices.
- reflect on the climbing experience.

Equipment and Materials

- Indoor climbing facility: community partnership
- Harnesses (10)
- Smartphone, camera, or device for taking photos

Introduction

Today, we put it all together at the climbing gym.

Explain the expectations from the time of departure to the time of release to next class. Remind students they are representing their school community.

Instructional Task: Climbing Prep at Facility

■ PRACTICE TASK

With the help of the facility manager, introduce climbing facility expectations. Review safety guidelines.

Student Choices/Differentiation

Distribute a handout one class earlier, or post it on the school's physical education website for earlier review if students need additional time to prepare.

What to Look For

- Students are engaged.
- Students are asking good questions.

Instructional Task: Climbing

■ PRACTICE TASK

Students have two hours to climb. They are to locate their six climbs (three top rope, three bouldering) and work to meet their goals. Students work together to safely climb, using belay commands and positively supporting one another. On students' first attempt, have them practice falling on belay from a low height so that they will have confidence while trying their routes.

EMBEDDED OUTCOME: S4.H4.L1 Students must analyze and apply techniques to successfully climb new routes.

Student Choices/Differentiation

- Students choose their partners.
- Students choose their routes.

What to Look For

- Students are persistent.
- Students are applying their skills and techniques correctly.
- Students are working together with the commands.
- Students are supporting one another.

Instructional Task: Reflection

■ PRACTICE TASK

Students create a slide with one picture from their time at the facility that best represents their experience. They will answer the following questions and attach the answers to subsequent slides.

- How did you persist during this activity?
- How did you support your partner's success?
- What was the most difficult challenge you met?
- How did you get through this challenge?
- What was your most significant learning during this module?
- What advice would you give climbers in the next class?

What to Look For

- Quality of work is high.
 - Students give thoughtful responses.
-

Formal and Informal Assessments

Student slides and reflection

Closure

- What was your proudest moment today?
- How did you support a classmate's success?
- What did you learn about yourself as a result of this experience?
- Because this is our last class, be sure to check the school's physical education website for options for the next module.

Reflection

- Were students engaged, supportive, and respectful?
- What changes do I need to make if we do this module again next year?

Homework

- Be prepared to select a new module.

Resources

Local climbing facility staff