

LESSON 10: ASSESSMENT OF CLIMBING

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)

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)

Embedded Outcome

Movement concepts, principles & knowledge: 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)

Lesson Objectives

The learner will:

- create a video of his or her climbing technique.
- assess his or her climbing technique.
- write a commentary that provides evidence of climbing skills.
- engage in safe climbing practices.

Equipment and Materials

- Computer access
- Video access (smartphone)
- Climbing gear
- Traverse wall

Introduction

Today, you will evaluate your climbing technique using video and write a commentary that provides evidence for the requirements. After completing the work, you'll exchange your video and commentary for evaluation using a rubric. You can use that feedback to make revisions and then turn it all in to me. Let's start.

Instructional Task: Develop Video

■ PRACTICE TASK

Introduce the project (see the worksheet). Students work with partners to produce a 1- to 3-minute video that is an example of their application of climbing techniques learned during the module. Review the evaluation rubric with the students.

Student Choices/Differentiation

- Students could create the video during a previous lesson so it is ready for the evaluation in class.
- Students choose their partners.
- Students choose their routes.

What to Look For

- The video is of high quality and representative of student growth.
- The video includes a variety of skills learned in the course of the module (static climbing, dead-point dynamic climbing, resting, edging, foot holds, and so on).

Instructional Task: Climbing Assessment

■ PRACTICE TASK

Students address the requirements of the video assignment, which include assessing climbing technique through video and commentary. Partners can provide suggestions for commentary using the rubric.

EMBEDDED OUTCOME: S2.H2.L1. Students should incorporate relevant movement concepts, such as force, motion, and rotation, as they prepare their commentary.

Use the video and commentary to assess students' technique, using a rubric.

Student Choices/Differentiation

- Provide a checklist of items to include.
- Students choose their partners.

What to Look For

Students provide thoughtful answers and quality evidence that supports their thinking.

Formal and Informal Assessments

- Student video and commentary
- Peer feedback
- Teacher climbing assessment

Closure

Students share one piece of evidence that they used to support their meeting Outcome S1.H1.L1.

Reflection

- Were students on task during the project?
- How could I have better supported students in creating a quality product?

Homework

Complete the project. (Students will have created the video but might not have had enough time to find the evidence or revise commentary with partner feedback.) Due next class.

Resources

TED Talks: www.ted.com/talks/matthew_childs_9_rules_of_rock_climbing?language=en

ROCK CLIMBING VIDEO ASSESSMENT: CLIMBING TECHNIQUE

Task

Work with a partner to produce a 1- to 3-minute video that provides clear evidence of proper climbing technique and commentary to support the evidence.

Pre-Filming Questions

1. Does your group have access to a video recorder (a smartphone is ideal)?
2. Can you capture all of the climbing techniques in one shot, or will you need to splice several pieces of video together?

Post-Filming Evaluation Questions

1. Provide evidence of the following climbing techniques:
 - a. Balance over your feet
 - b. Three points on the wall
 - c. Moving methodically
 - d. Keeping body close to wall
 - e. Static climbing technique
 - f. Deadpoint climbing technique
 - g. Resting
 - h. Taking a proper fall
2. Research and demonstrate **ONE** of the following intermediate climbing techniques:
 - a. Edging
 - b. Smearing
 - c. Heel hook
 - d. Toe hook
 - e. Pinching
 - f. Sloping

How to Provide Evidence

Along with the 1- to 3-minute video, each student must provide written documentation (that includes a timestamp, or where it is found on the video) for each of the required climbing techniques.