



Rock Climbing 101

Playing on Project Piton

Teaching rock climbing skills while promoting leadership through hands-on physical education

Instructor: Mr. Riddle

Late Nights: Monday/Thursday and by appointment

Purpose: To give kids the knowledge and skills needed to “play” in the outdoors safely while promoting group dynamics and leadership. At the completion of this quarter long course the learners should be able to show growth in their basic climbing skills. Learners also will demonstrate their abilities to teach others about their new knowledge, skills, and understandings.

Objectives:

Learners will be able to...

- take responsibility and make choices for their learning/safety.
- build trust, composure, and confidence through managed risks.
- be self-motivators.
- understand and master both general and complex climbing skills.
- effectively work with diverse personalities and differing opinions.
- apply their new knowledge to their daily choices, future professions, or lifelong recreation.

Classroom Environment:

Our class meets period eight in the aux. gymnasium, room 118, or in/on some outdoor playground as designated by Mr. Riddle.

Units :

Students will learn all aspects of rock climbing. Come learn the basics of knot tying, rappelling, belaying, top rope climbing, lead climbing, anchor building, and experience the vertical art of climbing. Students will also learn how climbs are rated and will create their own routes on the rock wall. Come and climb on our own climbing wall and solve the vertical puzzles.

Grading:

Attendance: Much of the learning that occurs in this course happens during the class period. Due to this fact, *participation* is very important to succeed and learn in this course. This learning is lost if you do not take part. It cannot be duplicated. *Attendance/Participation is expected and recorded.* Excessive absences, tardiness, and/or lack of participation will result in grade reductions. Be on time and ready to participate.

Reports/Projects/Trip Plans/ Climbing Skills Checklist: There will be several activities done to reinforce each unit. These should be kept in your notebook after their assessed. Also, you will be assigned group and individual projects to complete. These assignments will be given to you when appropriate.

Your first assignment in our class is to get your appropriate computer use, field trip, release of liability, and use of photo's policy forms signed and turned in.

I agree to complete and participate in the assignments above. I understand that it is my responsibility to direct my learning; asking for resources, ideas, support and guidance whenever appropriate. I understand that Mr. Riddle is responsible for assisting me in accomplishing these outcomes. Questions can be sent to us at our school email addresses:

jriddle@windham.k12.me.us or call at 892-1810.

