



New Treks Intro to Rock Climbing Curriculum Overview

Through this introductory rock climbing curriculum students will learn the fundamentals of rock climbing. Understanding what safety equipment is needed and how to properly fit it to oneself is important to a safe and fun experience. Next students will work on the skills necessary to confidently secure themselves, climb, and belay each other. With all these skills learned students will finally be able to evaluate an area to mitigate any potential hazards.

Students will understand/gain knowledge...	Students will develop these skills...
Application of safety equipment	Safety awareness in regards to understanding their environment and how to account for possible hazards.
Rock climbing technique	Critical thinking by being able to evaluate and complete a route.
Rappelling technique	Communication by expressing their needs between climber and belayer.
Knots	Team work by working together to accomplish the common goal.
Belay	Trust in belaying each other.

<p>Unit 1 - Gear</p> <p>Objective: Students will learn the skills necessary to safely equip themselves and utilize the equipment for its intended purpose to engage in rock climbing.</p> <p>SEL Objectives:</p> <p>Self Awareness - Students will gain a sense of purpose as they learn what equipment they need and how to apply that knowledge.</p>	<p>Lesson 1: Personal Gear Introduction</p> <ul style="list-style-type: none"> - Harness, Helmet, Shoes <p>Lesson 2: Group Gear Introduction</p> <ul style="list-style-type: none"> - Carabiners, ATC, Crashpad, Dynamic/Static Rope <p>*Lesson 3: Advanced Gear</p> <ul style="list-style-type: none"> - Gri-Gri, Progress Capture devices, Trad Gear 	<p>Checks for Understanding/ Assessment:</p> <p>-Students will be assessed on equipment function and fit.</p>
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<p>Unit 2 - Safety</p> <p>Objective: Students will understand a climbing system and learn to connect in the system. They will learn to belay and effectively communicate for the rock climbing setting.</p> <p>SEL Objectives:</p> <p>Social Awareness - Students will understand the differences in learning from their peers. From those who learn better in tactile work vs those who excel with verbal.</p>	<p>Lesson 1: Connecting to the System - Figure 8 follow thru, ATC use</p> <p>Lesson 2: Communication Terms - Verbal acknowledgment, Efficient verbal commands, Terminologies</p> <p>Lesson 3: Belay Technique - Climber, Belayer, Backup Belayer</p> <p>*Lesson 4: Advanced Understanding - Anchor Setup, Master Point, Bowline knot, Clove hitch</p>	<p>Checks for Understanding/ Assessment:</p> <p>-Students will be assessed on their ability to conduct a figure 8 knot and belay.</p>
<p>Unit 3 - Acclimating</p> <p>Objective: Students will understand how to set up a climbing area for themselves and others. Students will learn techniques of climbing and lowering.</p> <p>SEL Objectives:</p> <p>Self-Management - Students must be able to manage themselves while being introduced to new heights and elements that may be new to them.</p> <p>Responsible Decision Making - Students will develop critical thinking skills as they evaluate sites and climbing routes for safety.</p>	<p>Lesson 1: Site Evaluation - Area Layout, Route Understanding</p> <p>Lesson 2: Introduction to Climbing - Bouldering</p> <p>Lesson 3: Introduction to Height - Rappelling, Lowering Technique</p>	<p>Checks for Understanding/ Assessment:</p> <p>-Students will be assessed on their ability to assess the layout of a climbing site.</p>



<p>Unit 4 - Climbing</p> <p>Objective: Students will put all that they have learned into practice.</p> <p>SEL Objectives:</p> <p>Relationship Skills - Students will develop trust in each other as they begin to climb. Through their experience they will need to communicate effectively to one another.</p>	<p>Lesson 1: Provide understanding - Equipment, Belaying, Safety</p> <p>Lesson 2: Rock Climb!</p>	<p>Checks for Understanding/ Assessment:</p> <p>-Students will be assessed on their team work and understanding of rock climbing.</p>
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