**Unique P.E. Climbing**

**Unit Learning Targets:**

*Content/Knowledge:*

1. Students will be able to monitor the belay system, know how to assemble the belay & store equipment properly.

2. Students will be able to demonstrate understanding of belay teams. Knowing positioning & responsibility of belay team.

3. Students will be able to identify all climbing equipment & utilize the equipment in a safe & proper manner.

4. Students will be able to lead & monitor harness use & adjustments.

5. Students will be able to lead & monitor safe warm up techniques.

*Skills:*

1. Students will be able to demonstrate bouldering, proper stretching, & warm ups.

2. Students will demonstrate hand eye coordination skills on the climbing wall.

3. Students will demonstrate proper belay techniques; including pinky to pinky & mountaineer.

4. Students will demonstrate proper knot techniques; including figure eight, double figure eight, hand over hand, killitch, bowlen, bowlen on a bite, back up knot, “need to fill in”

5. Students will be able to assemble & disassemble belay points in an organized manner.

*Process:*

1. Students will be able to explain safe ways to use climbing equipment.
2. Students will be able to explain belay set up & take down.
3. Students will be able to explain points of contact, preferred points of contact, & methods of points of contact (smearing, finger jam, foot jam, cup.)
4. Students will be able to assist other climbers within their belay teams, using strategy, planning & communication.
5. Students will be able to assist new climbers with climbing harness & safety equipment use.