

**Physical Education
Unit 2: Climbing Unit – Ropes & Climbing Net**

Essential Understandings	<ul style="list-style-type: none"> ▪ Climbing skills are a benefit to physical activity. ▪ Climbing fosters enhanced decision making skills.
Essential Questions	<ul style="list-style-type: none"> ▪ How does one climb up a rope? ▪ How does one climb up a climbing net? ▪ Using 2 ropes, how does one do a back flip, back to front flip, inverted hand, and a bird’s nest hand? ▪ How does one climb up a climbing net? ▪ How does one climb through a square of the net to the other side?
Essential Knowledge	<ul style="list-style-type: none"> ▪ <u>Basic Rules:</u> <ul style="list-style-type: none"> ○ Do not distract the person climbing. ○ Always focus on the task at hand. ○ Do not go higher than you are comfortable and from which you can safely return. ○ Assist holding net or rope when asked. ○ Do not jump from rope or net. ○ Do not skip rungs on net. ○ Do not touch metal beams at top of ropes and net.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Hand-over-hand; leg lock; horizontal rungs; anchoring ○ Back flip; back-to-front flip; inverted hang; bird’s nest hang
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate proper techniques of climbing. ▪ Demonstrate proper techniques of anchoring. ▪ Demonstrate appropriate waiting behavior and support behavior. ▪ Demonstrate back flip, back-to-front flip, inverted hang, and bird’s nest hang.
Related Maine Learning Results	<p><u>Health and Physical Education.</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G2. Movement Skills</p> <p>Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</p> <p>G4. Skill Improvement</p> <p>Students explain how specific, positive, and correct feedback affect skill improvement.</p> <p>H. Physical Fitness Activities and Knowledge</p> <p>H3. Fitness Activity</p> <p>Students participate in physical activities that address</p>

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	<p>personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>11. Cooperative Skills Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <p>b. Respond appropriately to peer pressure.</p> <p>c. Manage conflict.</p> <p>d. Engage peers respectfully in activities.</p> <p>12. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>13. Safety Rules and Rules of Play Students describe game/physical activity rules and safety rules and their purpose.</p> <p>a. Explain the purpose for modifying playing rules in specified situations.</p> <p>b. Explain the safety rules and possible risks associated with specific games/physical activities.</p>
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Students line up in front of 3 climbing ropes to receive safety and climbing techniques instruction. ▪ Students take turns (1 at a time/3 ropes) doing the following techniques: laying flat on mat, without using legs, pull self up to stand using hand-over-hand technique; hold self on rope (feet off ground) for 5 seconds; climb approximately 10 ft up rope using leg lock technique; climb as far as comfortable and return to bottom using hand-under-hand technique. ▪ Students line up in front of 2 ropes to take turns doing flips and hangs as instructed. ▪ Climbing net instructions and procedures done in same line format. ▪ Students line up at climbing net taking turns climbing up and down and rotating side of net anchoring. ▪ Students, as climbing, will try to climb through one square of net to other side and return down opposite side from which they started.
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Assessment is based on student’s attempting to try some of the skills demonstrated on both the ropes and the climbing net.
<p align="center">Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Physical Education for Children – Lee, Thomas, Thomas</u> ○ <u>PE Games & Activities Kit – Ken Lumsden</u> ▪ <u>Websites:</u> <ul style="list-style-type: none"> ○ www.pecentral.org

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approved fall 2013