Project USE Level 2

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 Blocks**
Status: **Published**

Transfer

Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

Enduring Understandings

By creating an environment in which the emphasis is on experimentation and participation in "learning by doing" situations.

Personal satisfaction is gained through a commitment to do one's best.

Groups learn not to climb or use elements before being given the go-ahead by the facilitator. Also they learn to communicate and cooperate with climbing partners.

Students should set goals for themselves and take risks based on their personal comfort zone.

Experiencing stresses and problems in a healthy, partially controlled environment provides skills needed for preparing for life's situations.

Essential Questions

How do I reach the next level of performance?

What makes a safe learning environment?

What does Challenge By Choice mean?

How will these situations help in real life?

Content

Vocabulary

Figure 8 knot

X11 knot

High elements

Low elements

Trust activities

Belayer

Back- up belayer

Blob belay

Pirates crossing

Spider web

Flying squirrel

Rock climbing wall

Learning Objectives

Demonstrate the ability to properly put on a belaying harness and tightly fasten it.

Demonstrate how to tie a figure 8 and X11 knot.

Identify the simple calls and signals for accurate communication between the climber and the belayer on the

ropes course to ensure a safe climbing environment.

Demonstrate self-awareness and self-esteem.

Demonstrate improved decision-making and problem-solving skills and

Identify personal limits.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.