

# Unit 09 - High Ropes

Content Area: **Health & PE**  
Course(s): **Driver's Ed, PE 2**  
Time Period: **Generic Time Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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The High Ropes course stresses the development of teamwork, trust, cooperation, leadership, problem solving skills, building self esteem and self-confidence, by challenging themselves and their peers to accomplish.

## Standards

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HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

## Essential Questions

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### Content / Skills

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High Ropes Elements

Belay devices

Dynamic Ropes

Static Ropes

Zip Line Gear

Caribeaners