**Teacher: Beth Berger Date: February 14, 2012**

**Unit Topic:**  **Fitness** **Lesson Topic: Rockwall** **# of Students: 36** **Grade: 9-12**

**Objectives:**

1. Objectives -

A Students - Demonstrate the proper technique for climbing the rock wall by using the cues: Hold on, stay balanced, suck in your core; and by properly traversing, stretching, balancing, and changing directions while climbing.

- Demonstrate understanding of the safety protocols posted next to the wall by following all of the safety rules.

- Demonstrate problem solving skills during climb, as well as making a positive contribution o enhance individual and group success.

B. Teacher - during instruction, I will offer strategies to the students so that they have different ways to complete the task.

2. Equipment - Rock wall, Mats for under the rock wall, tennis balls (8 for whole wall/ total number of ball hooks), 2 trash cans, 12 hula hoops, 14 note cards (one for each wall panel) and corresponding numbers on paper, one hat-shaped object or cup, music, blind folds.

3. Protocols - All students will follow the climbing wall safety protocol posted at both ends of the rock wall. Students will not touch each other during climb unless instructed. All students will positively support the other climbers while they are not on the wall.

4. Instant Activity - Simon Says: All students will get on the wall where ever there is a spot. The instructor will call out commands (i.e. left foot yellow, right hand red, etc.) and the students will follow as long as it says Simon Says. If the student loses their hold and falls off or moves when Simon does not say, the student will step down. The game will continue until there is less than 5 students on the wall.

5. Set Induction - Y*esterday we all learned about our upper body strength during the pushups, and it seems that some of us could use some work. So today we are going to work on our upper body strength as well as our muscular endurance everywhere else by climbing the rock wall.*

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| LESSON CONTENT & PROGRESSIONS Introduction, skill(s), activity, review | **Teaching Cues –** The cues are short quotes of what you are saying to students to remind them of proper form. | MANAGERIAL STRATEGIES Organization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | EVALUATION OF OBJECTIVES  How you will monitor and record student progress. Each objective should be assesses or evaluated. |
| **Activity 1: Musical Moves**  Much like Musical Chairs.   Rules:   * Free Climb when the Music is Playing * When the music stops, a number will be pulled out of a hat * If a student is on that number panel, the student/s are out. * Continue until there are 3 students left. * Have students who get out help with the drawing of the numbers and music.   **Activity 2: Hula Hoop Haven**  All students will have each arm linked to another student via a hula hoop.    Rules:   * All students must stay connected via the hula hoop * As they move, they must stay together   Variation:   * No speaking * Have the class broken into teams   **Activity 3: Basket-Wall**  Divide the class into two teams, boys and girls.   * Use balls on the pegs, and have the students shoot into garbage cans. * The tennis balls are placed on the pegs and returned to the pegs until they are shot. * Once they are shot, the ones that make it in remain in the basket. * At the end of the time limit (5 min.) Tally up the teams totals to see which team won.   **Activity 4: Relay Race**  Divide the class into two teams (b v. g, etc.).   * Race to get all students across the rock wall (half way point). * First team to get all the players across the wall first wins.   Variation:   * Set limits like one team can only use G and R and the other B and Y. * Use blind folds for 1 or 2 students on fast team to slow them down.   **Activity 5: Blind Side**  Use blind folds challenge the students. Students will get into partners and help their partner cross by giving them verbal cues to move. | “Hold on”  “Stay Balanced”  “Suck in your core” | Students will use the area where they were for Simon Says and climb from the left to the right. Once they get to the end, they will go back to the beginning. If their section is called, they need to leave the wall. | Safety protocol will be discussed in the beginning of the class before beginning the activity. The protocols are also posted on the wall for the students to read.  The instructor will be monitoring for safety reasons and for assessment. The assessment will be based on performance during the class. (informal) |
| **Conclusion:**  Conclude the class by asking the students questions like the following:  *What were some strategies you used to get all of your teammates across the wall?*  *What were some techniques you used to be successful?*  *What aspects of physical fitness did you need to complete the tasks.* |  | All students will exit the wall and sit on the floor facing the mats. |  |

**Teacher Reflection**

In today’s lesson, I was only able to do the simon says, Musical Moves, and relay activities. The other two activities needed materials that I did not have today, so I will use those activities next time we do fitness rock wall.

**Period 6**

Strengths:

* The activities were fun- all students were involved.
* I tried a new activity that I had not seen them do, and it went really well (Musical Moves). The students liked this more because it was not a race against time and each student could climb on their own without the stress of competing against others.
* There was a lot of activity time.

Improvements:

* Many of the activities were back to back, so the students got burnt out rather quickly.
* Towards the end of the class, there was not that much activity. I allowed those who wanted to continue climbing to climb at the end of class, when we still had about 5 minutes before we left.
* Due to the lack of material on that day, I did not run the activities as long as I should have, and so I ended up going back over simon says so the students could still get a work out. I rushed through my activities, and need to slow down next time.

Insights:

* I have climbed the rock wall so I know how hard it is to climb for 40 minutes so I was more flexible at the end to allowing students to stand and observe.
* In my next rock wall lesson, I would like to use more partner activities and more strategizing within the group.

**Period 7**

Strengths:

* The class was active for majority of the class time.
* Majority of the students seemed to really enjoy the lesson, and really enjoyed the music activity.
* I moved slower through the activities so the students were able to take breaks in between and I kept them active longer as oppose to the period before them.

Improvements:

* This class is larger and more obnoxious than the class before, so on some occasions it was hard to get everyone’s attention in the hallway and keep their attention, due to the lack of size of the hallway.
* I also wrapped class up a little sooner than I should have, which would need to be changed.

Insights:

* Today I wrote up one of my students, which was the first time. It was necessary as the same girl continues to act out in that class.