

# DAILY LESSON PLAN

Instructor: CHAD ELY

Lesson Title: First Day

Date: July 1<sup>st</sup>, 2020

Age Group: 10-15

## Lesson Objective:

- ◇ Begin with sanitation and safety measures
- ◇ Familiarize campers with Nosotros Climbing Gym and each other
- ◇ Teach basic climbing rules
- ◇ Exercise physical and mental abilities

## Materials/Equipment Needed:

- ◇ Climbing Shoes

## Lesson Structure:

<u>Time:</u> 10:30a-10:50a 10:50a-11:10a	<u>Introduction:</u> <ul style="list-style-type: none"><li>◇ Icebreaker</li><li>◇ Frown King or Queen Activity</li></ul>	<u>Activity Description:</u> <ul style="list-style-type: none"><li>◇ Icebreaker- Name and favorite hobby</li><li>◇ Frown King or Queen: groups of two activity</li></ul>
--	--	--

<u>Time:</u> 11:10a-11:30a 11:30a-12:30p 12:30p-1:10p	<u>Main Content:</u> <ul style="list-style-type: none"><li>◇ Tour and rule overview</li><li>◇ Climbing activity #1 (Master your route)</li><li>◇ Climbing activity #2 (Jigsaw)</li></ul>	<u>Activity Description:</u> <ul style="list-style-type: none"><li>◇ Climbing activity #1- Practice specific route</li><li>◇ Climbing activity #2- Teach opposing team your routes</li></ul>
--	--	--

<p><b>Time:</b> 1:10p-1:30p</p>	<p><b>Wrap Up:</b> ◇ Reflection Exercise</p>	<p><b>Activity Description:</b> ◇ Reflection Exercise- Rose, Bud, Thorn</p>
-------------------------------------	--	---

**Climbing activity 1: Master your route**

- ◇ Split the children into groups of two.
- ◇ Assign each group to a specific route.
- ◇ Let the groups practice and help each other accomplish the route for 20-30 minutes

**Climbing activity 2: Jigsaw**

- ◇ You and your partner from activity 1 join another group.
- ◇ That group teaches you and your partner the route they had to master.
- ◇ After 20 minutes switch routes.