

🌳 Tree Climbing Beginner's Lesson Plan Grade 5 by Charlie Yang.

Session 1: Introduction & Safety 基礎認識與安全

Objective 目標:

- Understand safety rules for tree climbing
- Learn basic knots (figure-eight, bowline)
- Practice teamwork and trust

Activities 活動內容:

1. **Warm-up 熱身 (5 min)**
 - Stretch arms, legs, and shoulders 伸展手臂、腿部與肩膀
2. **Safety Talk 安全講解 (10 min)**
 - Helmet, harness, ropes, partner check
 - 安全帽、安全帶、繩索、夥伴檢查
3. **Basic Knots 基本繩結 (15 min)**
 - Figure-eight knot 八字結
 - Bowline knot 單套結
4. **Trust Activity 信任活動 (10 min)**
 - “Blindfold Walk” with a partner 蒙眼夥伴引導遊戲

Assessment 評量:

- Students can tie one knot correctly.
 - 學生能正確打出一種基本結繩。
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Session 2: Basic Climbing Skills 基礎攀樹技巧

Objective 目標:

- Learn rope setup & safe climbing position
- Practice foot placement and balance

Activities 活動內容:

1. **Warm-up 熱身 (5 min)**
 - Jogging & balance drills 慢跑與平衡練習
2. **Equipment Setup 器材準備 (10 min)**
 - How to attach rope and harness 如何固定繩索與安全帶
3. **Climbing Drill 攀爬練習 (20 min)**
 - One student climbs, one belays 一人攀爬，一人確保
 - Focus on “three points of contact” 保持三點接觸原則
4. **Cool-down & Sharing 放鬆與分享 (5 min)**

Assessment 評量:

- Students can demonstrate safe climbing posture.
 - 學生能示範正確且安全的攀爬姿勢。
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Session 3: Challenge & Teamwork 挑戰與團隊合作

Objective 目標:

- Apply climbing and knot skills
- Build teamwork through group challenge

Activities 活動內容:

1. **Warm-up 熱身 (5 min)**
 - Partner stretches 夥伴伸展
2. **Review Knots & Safety 複習繩結與安全 (10 min)**
 - Quick knot-tying relay 繩結接力比賽
3. **Tree Climbing Challenge 攀樹挑戰 (20 min)**
 - Small group climbing 小組合作攀爬
 - Collect “flags” or markers on tree 取下樹上的旗子或標記
4. **Reflection & Cool-down 省思與放鬆 (5 min)**
 - Students share what they learned 學生分享學習收穫

Assessment 評量:

- Students climb safely with teamwork.
 - 學生能安全攀爬並展現團隊合作精神。
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★ Teacher Notes 教師注意事項:

- Always check weather & equipment before class.
- Keep supervision ratio low (1:6 max).
- Focus on safety first, fun second.