

# Self-reflection and improvement

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In this lesson, students began with a full-body warm-up led by the teacher, including stretching, joint rotations, lunges, squats, jumping jacks, and jogging to activate their bodies. Through bilingual instruction (English/Chinese), students then practiced five essential tree climbing knots: the P-knot, Blake's hitch, figure-eight knot, Prusik knot, and safety knot. Some students quickly grasped the techniques, while others required more practice and step-by-step guidance, especially with the complex knots. During the reflection and feedback session, students shared their learning progress and asked questions, showing focus and curiosity. Overall, the lesson successfully integrated physical fitness, technical skill development, and language learning, while strengthening both safety awareness and a spirit of adventure.