**Title: Climbing introduction**  
  
**Type: Warming-up /introduction lesson year 2**  
  
**Lesson Goal: Learning words of the materials**



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| **Instruction** | **Differentiation options** | **Extra info** |
| Get into groups of 3 and sit next to each other. In the corners of the gymhall you find 20 different words. Your first assignment is to find all of these and sort them out. If you have them all come to me. I will be standing with some objects. Today I have a harness, carabiner and a belay-device on the ground set out three times.  The second assignment is to match words with the objects. If they do not match hold them in your hand.  The third assignment: With your group you are going to explain the words you have left in your hand.  Last assignment: We check the words with the objects and you take 20 words from the ground and bring it back to the bench. |  |  |
| **Field set-up:**  Black Diamond RockLock Twistlock Carabiner  Black Diamond RockLock Twistlock CarabinerBlack Diamond RockLock Twistlock Carabiner  v | | |
| **Link to support/assessment document** | | |

**Additional pages if necessary:** see below (print landscape)

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| Indoor climbing | Bouldering | Harness | Routes |
| Strength | Spotter | Skill | Balance |
| Endurance | Wall | Top-Rope climbing | overhead anchor |
| Tie | Belayer | Rope | Belay device |
| Bolts | tubelar /atc | Twistlock carabiner | Use your legs |
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