

## Class Summary

### Quick Facts

**Outside:** 3 hours

**Grade:** 4th grade and older

**Offered:** Year-round

**Physical Activity:** Low to moderate activity depending on the course

**Other:** No special skills required

### Concepts

- Goals • Safety
- Communication • Cause/Effect

### [Minnesota Academic Standards >](#)

- Language Arts
- Physical Education

### [Classroom Activities >](#)

- Pre-Activity: *On the Move*
- Post-Activity: *My Tree Tops Story*

### STEM Components

- Study/Observe
- Utilize
- Operate
- Test
- Assess
- Evaluate

### IB Profiles

- |   |   |
|---|---|
| <input type="checkbox"/> Inquirers                | <input type="checkbox"/> Open-minded            |
| <input type="checkbox"/> Knowledgeable            | <input checked="" type="checkbox"/> Caring      |
| <input type="checkbox"/> Thinkers                 | <input checked="" type="checkbox"/> Risk-takers |
| <input checked="" type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced    |
| <input checked="" type="checkbox"/> Principled    | <input checked="" type="checkbox"/> Reflective  |

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### Outcomes, students will:

1. Make personal choices and set goals, then strive to achieve these goals.
2. Demonstrate the proper use of the equipment and follow safety procedures.
3. Experience and understand the power of a positive attitude and mutual encouragement.

### Brief Synopsis:

This confidence building experience promotes personal growth and strengthens group bonds as participants maneuver 30 feet in the air through a series of towers connected by various cables, ropes, and log events. The course itself presents a safe atmosphere that encourages participants to recognize and confront their fears. Experiencing success on the course is a powerful experience with a lasting effect.

### Outline:

#### Fear & Challenges (10 minutes)

Nearly everyone experiences some fear or anxiety before or during a new experience. For the tree tops ropes course, that may be a fear of heights, a fear of ridicule, or a fear of failure. By recognizing personal fears, students can begin formulating a goal and plan to overcome the fear that may hinder them.

#### Equipment & Demo (25 minutes)

Safety on the course depends on proper use of the equipment. Students will learn how to fit each piece properly to ensure their own safety. The instructor will demo the course to model safety and behavior rules while showing helpful techniques for traversing the course.

#### Adult Supervision (5 minutes)

Adults are essential for this class and are required to assist on the course to help supervise the students. Each adult will have a specific responsibility that will be addressed by the instructor to ensure the safe travel of students.

#### Tree Tops Ropes Course (2 hours 20 minutes)

All three ropes courses are unique in design with events that must be traversed before the final zipline ride. Each student will have a ground partner who will be responsible for monitoring safety protocols and provide positive encouragement. At the end of class, the Instructor will lead the students in a discussion connecting their high ropes experience to real life situations.