Lake Shore High School Physical Education

Adventure Assignment

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Day\_\_\_\_\_\_ Period\_\_\_\_\_\_ Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 8 safety checks one should go through while putting on a climbing harness
2. In at least 8 sentences, thoroughly explain how the group belay works while wall climbing.
3. Define the following terms-

* Teamwork
* Challenge
* Honesty
* Creativity
* Goal Setting
* Self-expression
* Risk taking

1. List the contact information (name, address, phone number, and website) for two places someone could participate in indoor wall climbing in the WNY area.

1)

2)

1. What are some physical, mental, and social benefits of partaking in climbing and adventure?