

Objective

By the end of this lesson, the Kindergarten student will be able to safely climb and navigate the play equipment, while understanding the importance of physical activity for their health and well-being.

Materials and Prep

- Playground or outdoor play area with climbing equipment
- Comfortable clothing and closed-toe shoes
- Water bottle
- Adult supervision

Activities

1. Warm-up exercises: Start the lesson with some simple warm-up exercises to prepare the body for physical activity. This can include stretching, jumping jacks, or jogging in place.
2. Introduction to climbing: Discuss the different types of climbing equipment available at the playground. Explain the importance of using proper technique and caution while climbing.
3. Demonstration: Demonstrate how to climb a ladder or a low climbing wall. Show the student how to use their hands and feet to grip and move upwards.
4. Practice climbing: Allow the student to practice climbing the play equipment under adult supervision. Encourage them to use the techniques demonstrated earlier.
5. Cool-down: Finish the lesson with a cool-down activity, such as stretching or walking, to gradually bring the heart rate back to normal.

Kindergarten Grade Talking Points

- "Climbing is a fun way to be active and exercise our bodies."
- "We need to be careful and use proper techniques while climbing to stay safe."
- "Climbing helps us build strength and coordination in our muscles."
- "It's important to listen to the adult supervising us while we climb."
- "Remember to have fun and enjoy the experience of climbing!"