

## **Homeschool Unit Study: Exploring Crag Climb Beavers Bend LLC**

### **Objective:**

To understand the world of indoor rock climbing and bouldering, exploring its physical and mental benefits, while also learning about Crag Climb Beavers Bend LLC.

### **Unit Outline:**

#### **1. Introduction to Indoor Rock Climbing and bouldering:**

- Definition and significance of indoor rock climbing.
- Understanding bouldering as a pure form of rock climbing.
- Benefits of indoor climbing for physical and mental health

#### **2. Bouldering Basics:**

- Explanation of static and dynamic climbing styles.
- Importance of focus, body position, balance, and technique in bouldering.
- Color-graded routes and their significance.

#### **3. Gym Exploration:**

- Detailed look at Crag Climb Beavers Bend gym layout.
- Overview of the Kilter training board and its use for climbers.
- Age and skill-level considerations for climbers in the gym.

#### **4. Team Building and Problem-Solving:**

- How climbing sequences contribute to team building.
- Problem-solving aspects of methodical moves in climbing.
- The concept of "beta" in climbing and its role in problem-solving.

#### **5. Climbing Routes and Difficulties:**

- Understanding the variety of routes available for different skill levels.
- Role of route setters in creating engaging and challenging climbs.
- Introduction to the kids' wall for young climbers.

#### **6. Physical and Mental Growth through Climbing:**

- Discussing the physical benefits of climbing.
- Examining how climbing promotes mental growth and confidence.
- Personal stories or testimonials from climbers at Crag Climb Beavers Bend.

## **Homeschool Quiz:**

1. What is the primary focus of indoor rock climbing and bouldering?
  - a) Speed
  - b) Movement
  - c) Endurance
  - d) All of the above
  
2. Where is Crag Climb Beavers Bend located?
  - a) Hochatown
  - b) Broken Arrow
  - c) Beavers Bend National Park
  - d) Tulsa
  
3. What is the Kilter training board, and how does it benefit climbers?
  
4. Define bouldering and explain the essentials of movement involved.
  
5. How does Crag Climb Beavers Bend cater to climbers of all ages and skill levels?
  
6. Describe the significance of the color-graded routes at the gym.
  
7. Explain the difference between static and dynamic climbing styles.
  
8. How does climbing contribute to team building and problem-solving?
  
9. What role do route setters play in creating an engaging climbing environment?
  
10. Share one physical and one mental benefit of indoor rock climbing.

Note: Teachers or parents can use this unit study as a guide for discussions, research assignments, and hands-on experiences related to indoor rock climbing.