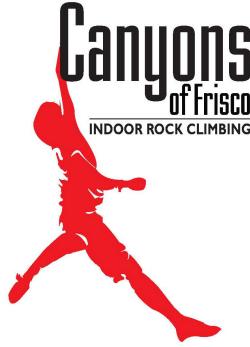


Fall 2008



Home School Syllabus

Tuesday **9/23** or Thursday **9/25**

Explain rules and grading system
Calisthenics
Footwork – Practice using toes
Route Reading – Foot placement
Safety – Belaying “over the shoulder” method
Knots – Fisherman’s Knot
Measure climbing ability

Tuesday **9/30** or Thursday **10/2**

Review what we learned last week
Calisthenics
Footwork – Smearing
Route Reading – hand sequence
Safety – Belaying “slap and grab” method
Knots – Double Fisherman’s Knot

Tuesday **10/7** or Thursday **10/9**

Review what we learned last week
Calisthenics
Footwork – Precision
Route Reading – Finding Rest
Safety – Belaying “5 Step Method”
Knots – Figure 8

Tuesday **10/14** or Thursday **10/16**

Review what we learned last week
Calisthenics
Footwork – Flag and Back-Flag
Route Reading – Climbing efficiently
Safety – Belaying; Compare and Contrast
Knots – Figure 8 follow through

Tuesday **10/21** or Thursday **10/23**

Review what we learned last week
Calisthenics
Footwork – Heal Hooks
Route Reading – Finding the crux: Part 1
Safety – Belaying with an ATC: Part 1
Knots - Prusik

Tuesday **10/28** or Thursday **10/30**

Review what we learned last week
Calisthenics
Footwork – Toe Hooks
Route Reading – Finding the crux: Part 2
Safety – Belaying with an ATC: Part 2
Knots – Alpine Butterfly

Tuesday **11/4** or Thursday **11/6**

Review what we learned last week
Calisthenics
Safety – Belaying with an ATC: Part 3
Review for Final Exam

Tuesday **11/11** or Thursday **11/13**

Written Exam
Practical Knot Exam
Measure Climbing ability – To compare with first day
Pizza Party – Celebrate a successful semester