



RICHMOND OLYMPIC EXPERIENCE

EDUCATION UPDATE

SPORT CLIMBING LESSON PLAN

INTRODUCTION

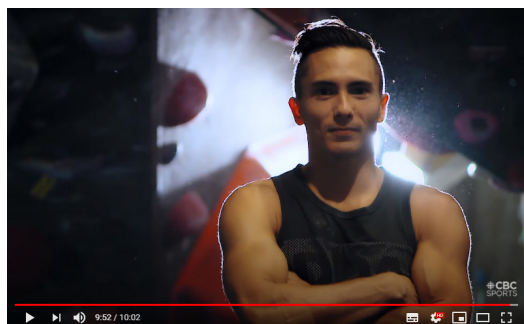
In this Richmond Olympic Experience Education Update, we take learning to new heights as we explore the world of Sport Climbing; the latest sport to debut at the upcoming Tokyo Games.



[Click here](#) to join **Thomas Lauer, Oval Sport Climbing Programmer** as he leads students through an introduction to Sport Climbing and welcomes you to our local climbing community.

DIG DEEPER

As we continue on our Sport Climbing journey, [click here](#) to visit the Tokyo Olympic Games website to learn more about competing in Sport Climbing at the professional level and what it takes to come out on top.



ATHLETE HIGHLIGHT

[Click here](#) to learn more about our very own #TeamCanada athlete Sean McColl as he enters the final stage of Sport Climbing training for his first Olympic Games.



CONGRATULATIONS ON EXPANDING YOUR KNOWLEDGE ON SPORT CLIMBING!

To continue on in achieving a podium of very own, please demonstrate the new things you've learned through completing the following questions:

Please take 15-20 minutes to answer the following questions:

1. In your own words, what are the health benefits of Sport Climbing?
2. What makes sport climbing at the Richmond Olympic Oval unique?
3. How would you describe the difference between speed, bouldering, and lead climbing?
4. What skills have helped Sean McColl excel at both Sport Climbing and piano?
5. How might climbing like that at the Richmond Olympic Oval differ from climbing natural terrain outdoors?

THANK YOU FOR COMPLETING THIS LESSON PLAN

For more information about sport and Olympic activities, please don't hesitate to reach out to the Richmond Olympic Experience museum team at schools@richmondoval.ca.

