

## LESSON 11: TRAIL MAINTENANCE

### Grade-Level Outcomes

#### Primary Outcomes

**Lifetime activities:** Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1)

**Movement concepts, principles & knowledge:** Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics and/or outdoor pursuits appropriately. (S2.H1.L1)

#### Embedded Outcome

**Rules & etiquette:** Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). (S4.H2.L2)

### Lesson Objectives

The learner will:

- discuss the concept of stewardship.
- make a connection between stewardship and using a natural resource appropriately.
- begin to develop an outdoor ethic.

### Equipment and Materials

- Partnership with local parks department
- Parks department supplies tools, gloves, equipment

### Introduction

*Would anyone like to share their dream destination and the name of the cache? (Students share their destinations and caches.) Those all sound like great places to check out! Today, we're going to switch gears a bit and learn about the outdoor ethic of stewardship. Then we'll participate in trail maintenance for a local trail system as a way of giving back to the hiking community and the local area.*

## Instructional Task: Stewardship Introduction

### ■ PRACTICE TASK

Introduce the idea of stewardship, talk about the project site, and have students define the idea of an outdoor ethic through a group discussion.

#### Guiding questions for students:

- What does stewardship of the environment mean to you? (Possible answers: conservation, protection, sustainable practices, responsible use, and so on)
- Why is stewardship important?
- How does the concept of stewardship connect with ethics in the outdoors?

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**EMBEDDED OUTCOME: S4.H2.L2.** Use the discussion to examine the ethical issues surrounding environmental impact and stewardship.

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## Refinement

Students could write an advocacy letter to a local policy maker about the impacts of stewardship in your community.

- School superintendent
- Member of Congress
- Principal
- Parks official

## Student Choices/Differentiation

List key points of stewardship on a flip chart or handout.

## What to Look For

Students are asking questions about the topic and are engaged in the discussion.

# Instructional Task: Trail Maintenance

## ■ PRACTICE TASK

Introduce the parks department representative, who leads a discussion about the instructions and expectations for the event.

Students participate in trail maintenance under the guidance of the local parks department.

## Extension

Students may look for opportunities to contribute to the stewardship of their own campus.

## Student Choices/Differentiation

- Students select from different maintenance activities.
- Students choose to work independently or in groups.

## What to Look For

- Student have been prepped for questions about the site and are involved in the discussion.
- Students are actively working together on the trail project.

## Formal and Informal Assessments

- Student talk on task

## Closure

- What challenges did you encounter? How did you overcome them?
- What are you most proud of from this activity?
- How did this experience influence your thinking about using a trail system?
- How might this affect your decision making while using our resources?
- What would you do if you saw someone using a resource inappropriately?

## Reflection

- Did students interact with the parks department staff in a positive way?
- Did everyone get involved?
- Were they able to make a meaningful contribution?

**Homework**

- Create a summary of the experience, and use one picture as evidence of your work. Discuss how it feels to be a community contributor and what you expect future hikers to gain from your efforts. Due lesson 13.
- Continue tracking your physical activity outside of school.
- Prepare for a quiz next class.

**Resources**

Partnership with local parks department