

LESSON 12: PREPARING FOR A LOCAL HIKE

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 Outcomes

Physical activity knowledge: Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)

Working with others: Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)

Lesson Objectives

The learner will:

- plan for, prepare for, and pack for a hike on a local trail.
- apply the terminology associated with hiking appropriately during planning.

Equipment and Materials

- Backpack
- 10 essentials

Introduction

Today, you will prepare for a hike at a local trail system, using the trip planning skills you practiced in lesson 5. We'll take that hike in our next class, so make sure to consider the 10 essentials and the weather as you prepare. Once we've finished our preparations, we'll take a short hike around the school grounds with our packs on to be sure they are comfortable and ready for the hike. We'll finish with a quiz.

Instructional Task: Plan

■ PRACTICE TASK

Give students the following instructions:

- Destination
- Date
- Departure time
- Return time

Students form hiking groups of four and make a plan for the hike that matches the instructions.

EMBEDDED OUTCOME: S3.H3.L1. Students are required to share information learned in their severe conditions assignment with others in the group as part of their trip planning.

EMBEDDED OUTCOME: S4.H3.L1. Provide feedback about positive communication strategies to students as they work together on their plans.

Student Choices/Differentiation

Students choose their groups.

What to Look For

- Students are working together to form the hiking plan.
- Each student is contributing.

Instructional Task: Prepare**■ PRACTICE TASK**

Students gather all the necessary gear and complete a gear checklist for the trip.

What to Look For

Checklist is being completed.

Instructional Task: Pack**■ PRACTICE TASK**

Students pack the gear correctly into their backpacks. Each backpack must be evaluated by the group members to make sure it is ready for the hike.

Student Choices/Differentiation

- Students choose their packs.
- Students choose the weight of their packs.

What to Look For

- Hiking groups are checking each other's bags.
- Check at least one bag from each hiking group yourself.

Instructional Task: Practice Hike**■ PRACTICE TASK**

Have students wear backpacks on a short hike around the school grounds or neighborhood. Students walk in their groups of four.

Student Choices/Differentiation

- Students choose their packs.
- Students choose the weight of their packs.

What to Look For

- Students are interacting on the hike.
- Students make adjustments to their packs as needed to be comfortable.

Instructional Task: Summative Assessment of Hiking Knowledge

■ PRACTICE TASK

Administer the quiz, which can be the same as the pre-assessment quiz. If not, be sure to include the pre-assessment questions and compare the results.

Student Choices/Differentiation

Allow extra time if needed, or give a take-home version.

What to Look For

Students show changes in knowledge levels since the pre-assessment.

Formal and Informal Assessments

- Gear checklist
- Peer and teacher backpack check
- Hiking plans
- Quiz

Closure

- Great job on your preparations today. In our next class, we'll take the hike, so come with your bags ready.
- We'll have one final check of your gear before we leave.
- Be sure to wear sturdy, comfortable shoes and be prepared for the weather.

Reflection

- How well did students work together on planning?
- Have they internalized the 10 essentials?
- Review the gear checklists and hiking plans. Are students thinking about safety as they make their plans and preparations?

Homework

- Check the school's physical education website for the gear checklist before class.
- Bring your backpacks to the next class—already packed if possible—along with appropriate footwear and clothing for the hike.
- Review your physical activity logs. Write a reflection that addresses how well you are meeting the guidelines and your personal physical activity goals. How can keeping a log help you prepare for hiking or other physical activity events? Turn this in next class.

Resources

Internet keyword search: "packing for a day hike," "10 essentials for hiking"