

LESSON 5: TRIP PLANNING

Grade-Level Outcomes

Primary Outcome

Physical activity knowledge: Evaluates—according to their benefits, social support network and participation requirements—activities that can be pursued in the local environment. (S3.H4.L1)

Embedded Outcomes

Safety: Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)

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

Lesson Objectives

The learner will:

- research and select a local hike.
- create a trip plan.
- determine appropriate items to pack.

Equipment and Materials

- Internet access
- Hiking resources and maps

Introduction

For homework, you were asked to come up with some suggestions for a local day hike. What ideas do you have? These will be good starting points for selecting and planning a hike in today's class.

Instructional Task: Research

■ PRACTICE TASK

Students research and select a local hike using the Internet and/or written resources. The selected hike must fit the following criteria:

- Between 4 and 8 miles (6.4 to 12.8 km) round trip
- Trailhead accessible by car
- Map available
- Trail safe and marked
- Within 50 miles (80 km) of school

Student Choices/Differentiation

- Provide a handout with instructions or a poster or PowerPoint slide.
- Provide a checklist with the criteria for students to use during the research phase.

What to Look For

- Students are engaged in the activity.
- Students are considering all the criteria when evaluating ideas.

Instructional Task: Planning

■ PRACTICE TASK

Students include the following in developing their hike plans for a presentation:

- Route or hike chosen
- Passes and permits
- Creating and leaving a trip plan
- Map
- Gear
- Backpack
- First aid
- Water and food
- Pictures from the trail

Refinement

Provide written and electronic resources for students to choose from. You might schedule a visit from the school librarian for support in acquiring resources to support the research.

Note: This task could be presented as a homework assignment or span two lessons if needed to complete all tasks.

EMBEDDED OUTCOME: S4.H5.I.1. The assignment requires and reinforces that students plan for safety aspects, such as hydration, making a trip plan, and first aid. A review of first aid situations that commonly occur out on the trail may be warranted, including extreme weather (e.g., lightning, hypothermia).

Student Choices/Differentiation

Students may use PowerPoint, Prezi, or another presentation software.

What to Look For

- Students are working individually to complete the assignment and are staying on task.
- Students are asking good questions as they progress through the assignment.

Instructional Task: Presentation

■ PRACTICE TASK

Students present their hike plans.

Extension

Students may opt to take the hike on the weekend or at the end of the module, under supervision.

Student Choices/Differentiation

The assignment can be presented in front of the class, presented in small groups, or turned in to you.

What to Look For

Students present quality work as evaluated on the scoring guide or checklist.

Formal and Informal Assessments

- Checklist or rubric (your choice)
- Student presentation evaluation

Closure

- What is important about the planning process?
- How can planning support a successful hike?
- What role does communication play in the planning process?
- What challenges did you find in developing your presentation?
- How did you overcome those challenges?
- Next time, you'll learn how to use a compass while in the outdoors.

Reflection

- Were students on task and following the instructions?
- Were they able to use technology to effectively make their presentation?

Homework

- Research how to deal with severe conditions (heat, cold, humidity) when out on the trail. Write up a summary of your findings, due in lesson 8. (Embedded outcome: S3.H3.L1)
- Continue to track physical activity outside of school. Bring your logs to the next class.

Resources

Washington Trails Association: www.wta.org