

LESSON 13: 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)

Rules & etiquette: Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)

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)

Embedded Outcomes

Self-expression & enjoyment: Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)

Stress management: Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L1)

Challenge: Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)

Lesson Objectives

The learner will:

- check own gear.
- hike on a local trail.
- observe Leave No Trace principles.
- apply best practices for safety while hiking.

Equipment and Materials

- Backpack
- 10 essentials

Introduction

Today, we'll take the hike we prepared for in our previous class. When we start hiking the trail, make sure to follow your group's hiking plan and observe proper hiking etiquette. Most of all, enjoy the great outdoors!

Instructional Task: Pack Check

■ PRACTICE TASK

Students have a partner check their gear and packing, using the checklist from last class.

Student Choices/Differentiation

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

What to Look For

Students have included all 10 essentials.

Instructional Task: Participate in Hike

■ PRACTICE TASK

Students complete the supervised hike with their groups of four, applying Leave No Trace principles.

EMBEDDED OUTCOME: S5.H3.L1 During the hike or after the hike, ask students about what aspects of the hike they found most enjoyable and how enjoyment contributes to a physically active lifestyle.

Student Choices/Differentiation

Groups hike at their own pace.

What to Look For

- Students are using the resource appropriately and supporting one another's success.
- Students are following LNT principles.
- Students are enjoying the experience.

Formal and Informal Assessments

- Successful completion of the hike
- Review of physical activity logs

Closure

- What does it mean to have a successful hike?
- What did you find challenging about the hike? (Embedded outcome: S5.H2.L2)
- How can hiking help you manage your stress? (Embedded outcome: S3.H14.L1)
- What is something that you witnessed or did to support another group member?
- What LNT principle did you apply well?
- What LNT principle do you need to improve on?
- How did this experience influence how you will use our natural resources in the future?
- If you really enjoyed hiking, I encourage you to join the Outdoor Club, where you can participate in more hiking.

Reflection

- Were students applying LNT principles?
- Where they supporting their groups?
- Did the groups stay together and support everyone?
- What would I change for the next time I teach this?

Homework

Remember that we will be starting a new module next time. Be sure to check your options, and be ready to choose your new activity.

Resources

Local parks and recreation department