

LESSON 7: PLANNING YOUR TRIP

Grade-Level Outcomes

Primary Outcomes

Outdoor pursuits: Analyzes the situation and makes adjustments to ensure the safety of self and others. (S2.M13.7)

Outdoor pursuits: Demonstrates correct technique for basic skills in 1 self-selected outdoor activity. (S1.M22.6)

Embedded Outcome

Working with others: Demonstrates cooperation skills by establishing rules and guidelines for resolving conflicts. (S4.M4.7)

Lesson Objectives

The learner will:

- create a backpacking trip plan.
- discuss and create a severe-weather backpacking story.

Equipment and Materials

Computers

Introduction

Who would like to share the parkour video that you found for homework? Today you are going to learn how to plan a hiking trip. Planning a trip is very important because there usually is not a convenience store for miles. So don't forget your toothbrush!

Instructional Task: Exploration Hiking

■ PRACTICE TASK

Your task today is to plan a backpacking trip. In groups and using the Internet, please research the following:

- *Where will you go?*
- *How long will the trip be?*
- *How many miles will you hike?*
- *What will you eat?*

Students form groups of four and plan a trip together, discussing the research topics as well as job duties of each member on the trip.

You will present your findings to the class in a 5-minute presentation that must include all of your group members.

Extension

Share with students the rubric for the assignment.

Guiding questions for students:

- How did you choose where you would go?
- What types of food did you decide to take? Why?
- Who will carry what equipment in the group? Did you share the load, or does each person have his own?

EMBEDDED OUTCOME: S4.M4.7. Before the activity, discuss ways to establish rules or guidelines for resolving any conflicts that might come up as the group works.

Student Choices/Differentiation

- Students may work by themselves or with a partner.
- Have examples of each research area for students having a difficult time explaining their topics or planning their trip.
- Challenge students to plan a trip according to the comfort level of their own hiking and backpacking skills.

What to Look For

- Are students taking this task seriously?
- Are they discussing food and other prep areas for their trip?
- Are they working well as a group?

Instructional Task: Severe Weather

■ PRACTICE TASK

Share with students a story of when you were caught in a weather-related situation.

Guiding questions for students:

- What problems did the weather cause for the backpackers or hikers?
- What would you do in this situation?
- Was there a way to prevent this from happening?

In partners, students create a severe-weather backpacking story, making sure to discuss things the campers should focus on with regard to weather.

Extension

Have students share their stories with the class.

Student Choices/Differentiation

- Students may work by themselves or with a partner.
- Have examples within each research area for students having a difficult time coming up with ideas to explore.

What to Look For

- Are students taking this task seriously?
- Are they discussing food and other prep areas for their trip that can be affected by weather conditions?
- Are they working well as a group?

Formal and Informal Assessments

- Students' backpacking plans
- Teacher-designed rubric or checklist

Closure

- If we left for your planned trips tomorrow, would you be prepared?
- Do you think you would be successful on the trip you planned?
- What if something came up and you had to stay an extra two days. Are you still prepared?

Always be sure to prepare for anything, and use proper backpacking techniques and safety procedures.

Reflection

- Did students go into as much detail as expected?
- Could you take their plans and survive a trip? What's missing that doesn't allow you to do so?

Homework

Discuss your backpacking plan with a friend or relative. Share the things that you would bring and things you would not want to bring on the trip. Do not forget to log any physical activity outside of class. Turn them in next class. Study for the end-of-module assessment.

Resources

Back Country: www.backcountry.com

Internet keyword search: "packing for a backpacking trip," "how weather conditions affect what to pack for backpacking trips"