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| **Content:** Physical Education | **Grade or Course:** Maine Outdoor Experience | **Date Developed:**April 3, 2019 |
| **Overview:** Maine Outdoor Experience is a physically challenging class designed to help students explore the Maine Wilderness and all of the lifelong fitness and recreation opportunities that it offers. This course will focus on wilderness skills including but not limited to safety, leadership, equipment, weather and leave no trace ethics. Students will spend their class time outside in the elements learning and practicing the vast array of skills required to enjoy the outside regardless of the season and/or weather. |
| **Essential Questions:*** How does being in nature affect your overall health?
* What are the vast array of outdoor pursuits available to us both locally and globally?
* What are the long-term benefits of connecting to the natural world and its effect on living a healthy lifestyle?
* What is the importance of “ leave no trace” practices in the wilderness as it pertains to others’ enjoyment as well as conservation?
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| **EO’s addressed to proficiency level:****Movement/Motor Skills and Knowledge**B. Demonstrate a variety of specialized movement skills specific to team/individual sports; lifetime activities; movement exploration/dance while participating in those physical activities to promote lifetime wellness. **Physical Fitness Activities and Knowledge:**D. Explain the interrelationship of physiological responses and physical, mental/intellectual, emotional and social benefits related to regular participation in lifetime physical activities. **Personal and Social Skills and Knowledge:**1. Demonstrate the following collaborative skills while participating in co-ed physical activities: giving and accepting constructive feedback; respectful inclusion of peers in activities; contributing to productive participation.
2. Demonstrate responsible and ethical personal behavior while participating in co-ed physical activities.
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| **Standards:**Standard 1. Movement/Motor Skills Knowledge: Demonstrate the fundamental and specialized motor skills and apply principles of movement for improved performance. (MLR.G)Standard 2. Physical Fitness Activities And Knowledge: Demonstrate and apply fitness concepts. (MLR.H)Standard 3. Personal and Social Skills Knowledge: Demonstrate and explain responsible personal behavior in physical activity settings. (MLR.I) |
| **Units:** 1. Team Building
2. Shelter Construction
3. Knot Tying
4. On Water Navigation
5. Orienteering
6. Cold Weather Safety
7. Backcountry Cooking
8. Trip Planning
9. Hiking
10. Sea Kayaking
11. Stand Up Paddleboarding
12. Ice skating
13. Canoeing
14. Leave No Trace
15. Foraging
16. Tracking
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| **Assessments:**Assessments are varied and diverse depending on how students choose to be assessed. Common forms are Oral Practical Exams, Journal write-ups to demonstrate knowledge gained, group and individual discussion. Some assessments are individual and some are cooperative. |