

## ESOE Unit Schedule: Weeks 1-3

Unit	Chapter(s)	Essential Questions:
<b>Basic Outdoor Education Concepts</b> A. Clothing/Ten Essentials B. Low-Impact Camping C. Backpacking D. Leave-No-Trace Ethics and Techniques	<i>Mountaineering The Freedom of the Hills</i> Chapters 1-3, 5	-What are the Ten Essentials? -What skills should I know to safely and comfortably camp in the outdoors? -What skills should I know to safely and comfortably conduct a backpacking trip?
<b>Basic Outdoor Education Concepts</b> A. First Aid	- <i>WMA Field Guide</i> (All Chapters)	-How can we prevent accidents and injuries in the outdoors? -If someone is injured in the outdoors, how can we help them?

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Timeline:

<u>Date</u>	<u>In Class</u>	<u>Activities</u>	<u>Homework</u>
Week 1	<p>Discuss Syllabus</p> <p>Discuss Unit Plans and Final Project</p> <p>Discuss types of assessments</p> <p>Students fill out experience/ interest sheets</p>	<p>Campfire:</p> <ul style="list-style-type: none"> <li>-Welcome</li> <li>-Stargazing</li> <li>-Teambuilding initiative games</li> <li>-Firebuilding</li> </ul> <p>Service: Cleaning fire pit</p>	<p>Turn in signed syllabus</p> <p>Turn in experience/ interest sheets</p>
Week 2	<p>Discuss Ten Essentials and Clothing for the Outdoors</p> <p>Discuss Camping and Leave No Trace ethics</p>	<p>Assignment: Pack a Ten Essentials Bag and appropriate clothing for a hike</p>	<p>Read <i>Freedom of the Hills</i> Chapters 1 and 2 and do “Clothing/ 10 Essentials” Questions</p>
Week 3	<p>Work on tent setup, making a menu for a camping trip, and using a camp stove</p> <p>Develop Unit Plans</p>	<p>Set up a tent at ACS/ practice camping skills</p> <p>Packing for a Camping Trip</p> <p>Students: Develop first Unit Plans by the end of the week—Units: Clothing/10 Essentials and Low-Impact Camping</p> <p>Camping Trip: Condoriri</p>	<p>Students: Develop first Unit Plans by the end of the week—Units: Clothing/10 Essentials and Low-Impact Camping</p>
Week 4	<p>Discuss Wilderness Medical Associates field guide— Scene Size-Up, Initial Assessment, and Focused History and Physical Exam</p>	<p>Students pick sections of the WMA manual to teach to the class next week.</p>	<p>Read Wilderness Medical Associates (WMA) field guide. Students each pick a section to teach to the rest of the class.</p>