# Miss Foley

PE 8: 8.8 Alternate Environment **Follow Up**

**Pine Cree Curriculum Excursion**

**\_\_\_\_\_\_\_\_=**

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**This day trip is designed to meet & assess the following outcomes:**

***PE8.2* *Muscular System*** - Apply an understanding of how to positively affect major muscle groups (e.g., biceps, triceps, pectorals, abdominals, quadriceps, hamstrings) while understanding the effects of exercise and inactivity on the muscular system (e.g., increased/decreased strength, increased/decreased lean muscle, increased/decreased elasticity, increased/decreased muscle tone).

***PE8.3* *Skill-Related Fitness***- Implement personal plans for improvement of skill-related components of fitness (power, agility, speed, reaction time, balance, and coordination) to improve weaker components and to support enjoyment in personal, social, and competitive movement activities.

***PE8.8* *Alternate Environment Activities*** - Apply and adapt selected activity-related skills (e.g., carrying, paddling, gripping, hanging, wheeling, digging, fire building, snow ploughing, compass reading) and strategies required for participation in alternate environment activities (e.g., backpacking, hiking, cycling, overnight camping, canoeing, snowshoeing, wall climbing, in-line skating, skate boarding, cross-country skiing, tracking, roping, dog sledding, skating, orienteering, downhill skiing, tobogganing, Quincy building).

***PE8.12* *Basic First Aid*** - Demonstrate the skills required to administer basic first aid (e.g., scene management, seeking help, treating minor injuries, applying precautions for body fluids) required as a result of injury caused by participation in movement activities.

***PE8.13* *Social Behaviour*** - Analyze environmental influences (e.g., family beliefs/values, culture, gender, role models, workplace, peers, advertising, television) to assess their impact on responsible social behaviour in movement activity settings.

**Complete the following and hand in in by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

1. A. List three (3) activities that you could participate in while out at Pine Cree Regional Park that would positively affect your major muscle groups. (3 marks)

B. Explain which major muscle groups would be positively affected by these activities. (2 marks)

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1. \_\_\_\_\_\_\_\_\_Hiking UP hills works this type of health-related fitness more so than others:
2. Cardiovascular
3. Muscular Endurance
4. Muscular Strength
5. Flexibility
6. Body Composition
7. \_\_\_\_\_\_\_\_\_Hiking DOWN hills works this type of health-related fitness more than others:
8. Cardiovascular
9. Muscular Endurance
10. Muscular Strength
11. Flexibility
12. Body Composition
13. True or False (circle answer): For biomechanical efficiency, one should always lengthen their strides when ascending a hill. (1mark)
14. Explain how to identify & treat sunstroke in a setting similar to Pine Cree. (2 marks)
15. Explain how to treat a broken bone in a setting similar to Pine Cree. (2 marks)
16. Explain how the treat a sprained ankle in a setting similar to Pine Cree. (2 marks)
17. Explain how to treat a laceration in a setting similar to Pine Cree. (2 marks)
18. List the Seven (7) Enemies of Survival. (7 marks)

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1. Discuss at least 5 aspects of Personal & Social Responsibility that increase an individual’s success in this alternate environment (i.e. hiking, fire-building, shelter building, meal prep, orienting to their environment, avoiding the 7 enemies of survival, etc.) should individuals be solid in these aspects. (5 marks)
2. Label the following compass. (8 marks)



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**“JACK”**

**“SHACK”**

1. Fill-in-the-blank: **Setting a Bearing** (2 marks)

Rotate **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** until desired bearing (degree) is lined up

with **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

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1. Fill-in-the-blank: **Following A Bearing** (4 marks)

Hold compass level in palm (away from any metal) with

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** pointing away from you. Hold

compass still, turn only your BODY until red north needle is inside orienting

 arrow...putting “\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”. Choose a landmark on

 the “horizon” and walk following the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

1. True or False (please circle): A circle is composed of 340 degrees. (1 mark)
2. True or False (please circle): A line is composed of 180 degrees. (1 mark)
3. True or False (please circle): Interior angles of a triangle add up to 120 degrees.
4. **Triangle Compass Walk:** (6 marks)
* Place an identifying object on the ground.
* Set and follow a bearing...walk 20 paces. Bearing : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Set and follow a 2nd bearing...walk 20 paces. Bearing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Set and follow a 3rd bearing such that it will bring you back to your starting object...walk 20 paces back to identifying object. Bearing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. List the three (3) components required for fire to burn. (3 marks)
2. List the three (3) types of fuel required for starting any fire. (3 marks)
3. List three (3) different materials found in Pine Cree that you could use as tinder. (3 marks)
4. Explain how to properly put out a camp fire. (3 marks)