

Maine Outdoor Education Program



Maine Outdoor Education Program Winter Season Grade 7-8

Program: Nordic Skiing
Location: Rice Farm Facility
Time: 9:00-1:00

Program Description: Maine Outdoor Education Program (MOEP)

MOEP offers school age children in grades 4th-12th grade three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, Nordic skiing, hiking and mountain biking. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

Program Goals:

- To provide students with the necessary skills to participate in outdoor aerobic sports including canoeing, kayaking, Nordic skiing, hiking, snowshoeing, and mountain biking.
- To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- To create a positive learning opportunity emphasizing health and fun.
- To inspire students to become active stewards of land and resources.
- To highlight the connection between health and the environment.

Program Objectives: Nordic Skiing

- to explain four key points to Nordic Skiing and cold weather safety.
- to get in and out of their Nordic skis independently.
- to demonstrate key techniques such as falling/getting up, gliding, snowplowing, etc...
- to identify four species of native tree.
- to identify three signs of wildlife i.e. scat, birds sounds, tracks etc...
- to evaluate the strategies animals and plants employ to survive in winter.
- to evaluate the local landscape for evidence of ecological relationships (predator/prey, competition, food chains, producers, primary, and secondary consumers)
- to evaluate the local landscape for evidence of the historical relationships between humans and the Katahdin Region.

Program Agenda:

- 9:00am-9:30am Welcome, orientation & division into pre-organized small groups.
- 9:30am-10:30am Introduction to Nordic Skiing equipment, group expectations and skiing techniques.
- 10:30am-10:45am Snack.
- 10:45-12:00pm Group Ski at the Rice Farm Facility highlighting local ecology.
- 12:00pm-12:50pm Lunch/Rest.
- 12:50pm-1:00pm Load Bus and Depart.



Maine Outdoor Education Program Winter Season

Discussion Questions:

Define a what producer is in the environment and identify one. What signs/observations can we make about primary consumers and secondary consumers?

Where do you humans fit into this food web?

Can you give examples of animals or plants that use special strategies to survive in winter? (define the word Strategy with the kids)

What signs/evidence can we look for when we are outside that can tell us the history of a landscape?

How has the human interaction with this landscape (the Kathadin Region) impacted the ecology and culture of the area?

Activities:

- Introductory talk on staying warm in winter and safety steps.

- Guided demonstration on ski equipment and selection.

- Instruction on Nordic Ski basic techniques.

- Guided demonstration on how to maneuver skis.

- Group activity/ski highlighting ecological relationships and opportunities to correlate the history of the place with the real time observations of plants, and animals through questions, real examples and inquiry.