

CAVOC 7th grade Fall Health Curriculum
 (Cedric A. Vig Outdoor Classroom)

Suggested Schedule- Fall

<i>Time/Period</i>	ROPES	MATH	SCIENCE	HEALTH	ENGLISH	FACE
<i>8:30 - 9:30</i>	History- Guest Speaker					
<i>9:30 - 10:05</i>	1	2	3	4	5	6
<i>10:10 - 10:45</i>	6	1	2	3	4	5
<i>10:50 - 11:00</i>	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
<i>11:05 - 11:40</i>	5	6	1	2	3	4
<i>11:45 - 12:20</i>	4	5	6	1	2	3
<i>12:20 - 12:50</i>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<i>12:50 - 1:25</i>	3	4	5	6	1	2
<i>1:30 - 2:05</i>	2	3	4	5	6	1
<i>2:05 - 2:15</i>	Clean / Up	Clean / Up	Clean / Up	Clean / Up	Clean / Up	Clean / Up

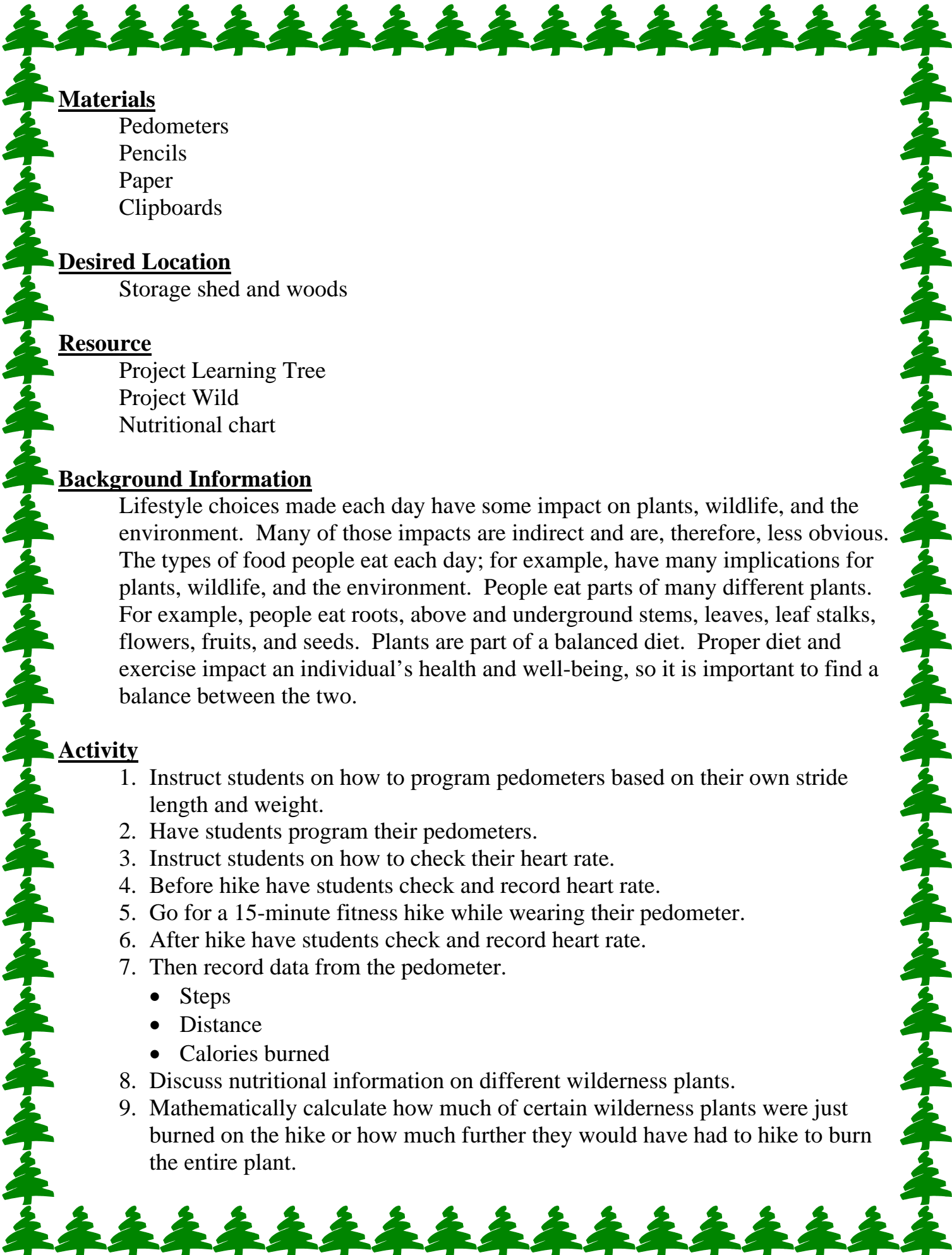
Pass the Plants Please!
 (~ 35 minutes)

Objective for Unit

Students will calculate calories burned while taking a hike through the woods.
 Students will determine caloric value of specific plants found in the wilderness.
 Students will calculate how many calories of the specific plants were burned while taking their hike through the woods.

DPI Standards for Environmental Education

A.8.2, A.8.3, B.8.1, B.8.4 – Health Education Standards
 B.8.5, B.8.14 – Environmental Education Standards
 H.8.3 – Science Standards



Materials

- Pedometers
- Pencils
- Paper
- Clipboards

Desired Location

Storage shed and woods

Resource

- Project Learning Tree
- Project Wild
- Nutritional chart

Background Information

Lifestyle choices made each day have some impact on plants, wildlife, and the environment. Many of those impacts are indirect and are, therefore, less obvious. The types of food people eat each day; for example, have many implications for plants, wildlife, and the environment. People eat parts of many different plants. For example, people eat roots, above and underground stems, leaves, leaf stalks, flowers, fruits, and seeds. Plants are part of a balanced diet. Proper diet and exercise impact an individual's health and well-being, so it is important to find a balance between the two.

Activity

1. Instruct students on how to program pedometers based on their own stride length and weight.
2. Have students program their pedometers.
3. Instruct students on how to check their heart rate.
4. Before hike have students check and record heart rate.
5. Go for a 15-minute fitness hike while wearing their pedometer.
6. After hike have students check and record heart rate.
7. Then record data from the pedometer.
 - Steps
 - Distance
 - Calories burned
8. Discuss nutritional information on different wilderness plants.
9. Mathematically calculate how much of certain wilderness plants were just burned on the hike or how much further they would have had to hike to burn the entire plant.

