

# Making the Grade: School Program Menu for Physical Education 2018-2019



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The following is a list of outdoor recreational programs offered in Jasper County. You can pick and choose from this list, depending on the season, to create a full-day field trip if desired. This is not a complete list, and for other options or questions about a program, please contact the naturalists. We work with teachers to fit our programming with their curriculum!

- All programs are free and materials will be provided unless otherwise noted.
- Please call or email at least 2 weeks in advance to guarantee your desired day and time.
- Plan for 30-40 minutes per program.
- Have your students come up with a list of questions for the naturalists before the scheduled program time.

## Fall and Spring Outdoor Programs

### **Archery 101**

Students will practice their skills using recurve bows, compound bows, or both. Equipment will be provided.



### **Orienteering 101**

Students will learn to find their way using a compass. Equipment and instruction will be provided--a longer course is set up at Jacob Krumm Nature Preserve for a field trip.



### **Fishing**

You bring the worms and we'll bring the poles. Students will learn basic fishing techniques and how to identify some common fish in Iowa's ponds and streams. We have 25 fishing poles available for schools to use.

### **GPS 101**

Students will learn the basics of using a Global Positioning System (GPS) unit. Students will then practice their skills in a scavenger hunt. Equipment and instruction will be provided.

## Fall and Spring Outdoor Programs

### ***Survival Skills***

Learn basic survival skills and other things to make you more comfortable in the outdoors from how to identify poisonous plants to how to dress for the outdoors. Students will learn what one item is the most important in a survival situation.

### ***Canoeing and Kayaking 101***

Students learn the basics of canoeing and kayaking on the lake at Jacob Krumm Nature Preserve. Basic safety rules will be reviewed and expected to be followed at all times. Students are required to have a parent/guardian sign a waiver and must wear a life jacket provided by the conservation department.



## Winter Indoor and Outdoor Programs

### ***Casting 101***

Students will practice their skills at different casting techniques used for fishing. Naturalists will lead a classroom period demonstrating different techniques and then students can try their hand at landing a bulls-eye on casting targets. In the spring, Fish Iowa and the Iowa Games promotes a casting contest for schools, which qualifies students for the Iowa Games casting contest. The naturalist can coordinate this opportunity if requested.



### ***Cross-Country Skiing***

Skiing is one of the best ways to exercise almost every muscle in your body! The naturalists will provide the equipment and basic instruction. Skiing can be done at a local park or even the school yard.

### ***Snowshoeing***

Another great program if there is snow on the ground! A little history and instruction on snowshoes will be given by the naturalist and students can practice walking around the school yard. This would also be fun as part of a winter field trip to a park and combined with tracking wildlife and other winter activities.



### ***Ice Fishing***

Don't let the cold keep your students cooped up indoors! Try ice fishing for part of a day, or as part of a winter field trip! The naturalists will provide poles and go over the basic equipment needed for this sport and students can try their luck on a local pond. Please contact us for information about ice safety and conditions.

