

Pictou County Forest School - Grade 10 Lesson Plans
Physical Education

Activity: Bushcraft Skills: fire/shelter building centers (suggested time: full day activities)

Specific Curriculum Outcomes:

- Outdoor Pursuits: 1.4 demonstrate proficient skills and techniques necessary for outdoor adventures taught; 1.5 demonstrate proficiency utilizing both traditional and current equipment during several outdoor adventures.
- Leadership: 4.1 apply effective leadership characteristics through physically active experiences 4.2 demonstrate effective interpersonal skills while participating in group physical activities 4.3 demonstrate teamwork by co-operating within group physical activities.

Materials:

- Fire: fire buckets; matches; flint/steel; magnifying glasses; bow drills
- Shelters: ropes, tarps

Intro/Activation:

Discuss essential requirements and materials for both fire making and shelter building. After breaking off into small groups, PCFS staff can demonstrate requisite skills (knots, fire starting techniques etc).

Activity:

Morning: Groups move between various fire stations (matches; flint/steel; magnifying glasses; bowdrill) attempting to make fire using the different skills and materials required for each. Groups can switch every 20/30 minutes or so... **OR** all groups do the activities simultaneously to learn together as we go and to allow instructors to give more attention to the specific skills being taught.

Afternoon: Groups move between various shelter building stations.

- One half of the group creates shelters using ropes and tarps; the other half of the group creates shelters using found natural materials. Groups can switch depending on time. **OR** all groups do the activities simultaneously to learn together as we go and to allow instructors to give more attention to the specific skills being taught.

Reflections/further wonderings: