

Class Summary

Quick Facts

Outside: 2 hours

Grade: 5th and older

Offered: January through mid-March
conditions permitting

Physical Activity: 1-2 miles over varied
terrain

Other: No special skills required

Concepts

- Cultural History
- Form and Function
- Layers
- Exploration

[Minnesota Academic Standards >](#)

- Science
- Language Arts
- Physical Education

[Classroom Activities >](#)

- Pre-Activity: *Snowshoe Feet!*
- Post-Activity: *Project Snowshoe*

STEM Components

- Utilize
- Operate

IB Profiles

- | | |
|--|---|
| <input type="checkbox"/> Inquirers | <input type="checkbox"/> Open-minded |
| <input type="checkbox"/> Knowledgeable | <input checked="" type="checkbox"/> Caring |
| <input checked="" type="checkbox"/> Thinkers | <input checked="" type="checkbox"/> Risk-takers |
| <input type="checkbox"/> Communicators | <input checked="" type="checkbox"/> Balanced |
| <input type="checkbox"/> Principled | <input type="checkbox"/> Reflective |

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Outcomes, students will:

1. Understand the concept of weight dispersal.
2. Determine how the terrain of the environment influences the style of snowshoe used.
3. Learn the proper clothing and layering techniques to stay warm and dry when participating in winter activities.
4. Go on a snowshoe hike, mastering turns, uphill travel, standing up after a fall, and going over obstacles.

Brief Synopsis:

Step into the shoes of one of human kinds oldest inventions! Participants will learn the important role snowshoes have played from 4000 B.C. to the present day. Understanding how to fit snowshoes correctly, dressing properly, and learning a few basic skills is just the beginning to enjoying a frosty hike. The instructor will lead the class in a “Naturalist Choice” themed hike which will be determined by weather conditions, grade level, and knowledge base.

Outline:

Frame, Form, and Function (25 minutes)

Each style of snowshoe is unique in its construction and purpose. Four different styles of snowshoes will be presented to the class; Bear Paw, Ojibwa, Alaskan, and Michigan. With the help of the instructor, students will determine how the terrain of the environment influences the design of a snowshoe.

Dress Right & Stay Warm (15 minutes)

Spending time outdoors during the winter can be very enjoyable if you dress appropriately for it. Students will learn the secret of layering as well as choosing the right fabric material to keep as warm and dry as possible.

To the Trail (2 hours 20 minutes)

Before heading outside, the group will learn how to put on their snowshoes. The hike will begin with learning basic skills such as turning, backing up, walking uphill, crossing obstacles, and standing up after a fall. Once the class is feeling comfortable on their snowshoes, the instructor will lead the group on a hike based on weather conditions, grade level, and student knowledge. Popular themes include tracking, animal sings, birds, and winter games.