Title: Fitness and Outdoor Pursuits

Abstract/Vignette: Hiking and Backpacking are lifetime activities that our students can participate at all skill and fitness levels. Use of backpacks can challenge those with higher fitness levels.

Grade level(s): Please check all that apply.
- [ ] K-2
- [ ] 3-5
- [x] 6-8
- [ ] 9-12
- [ ] College and Lifelong Learning

Discipline: Please check all that apply.
- [ ] Art and Music
- [x] Health and PE
- [ ] Foreign Language
- [ ] Literature and Language Arts
- [x] Mathematics
- [x] Science
- [x] Social Studies and Geography
- [ ] History
- [x] Technology

Year Developed: 2006

Period (month, week, year): Week

Teaching environment:
- [x] In the Classroom (indoors)
- [x] Outdoors
- [ ] In the Community
- [ ] Online/Virtual