A Trail To Every Classroom (TTEC)  
Curriculum Development Tool

UNIT DESIGN COVER SHEET

Author contact: Barb Ferrell, Andrea Miller

School name, state and town: Boiling Springs High School, Boiling Springs, PA

Title: The Outdoor Education Experience

Abstract/Vignette: This course is designed to heighten student awareness and utilization of local and community resources and is geared toward those students who wish to experience a variety of outdoor activities. Additionally, students gain awareness of watersheds, learn water quality testing, etc. as well as mentor elementary school students.

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

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

Year Developed: established 2001; current 2006

Period (month, week, year): Year round

Teaching environment:
- [x] In the Classroom (indoors)  
- [x] Outdoors  
- [x] In the Community  
- [ ] Online/Virtual
National Conservation Training Center
Shepherdstown, West Virginia

The Outdoor Education Experience

Boiling Springs High School
Boiling Springs, Pa

Ms. Barb Ferrell & Mrs. Andrea Miller
Instructors
The Boiling Springs area is known for its’ fine trout fishing...a fact which actually figures in to the development of our program.
Outdoor Education

- This course is designed to heighten student awareness and utilization of local and community resources and is geared toward those students who wish to experience a variety of outdoor activities. The course includes a combination of classroom and field instruction in such areas as: paddle sports, hiking, orienteering, fishing, camping, and backpacking.
The Evolution of an Idea:
The history of Outdoor Education at Boiling Springs
2000:
Development of a Water Sports Elective for Seniors

Grant from Family Tyes to begin teaching fly fishing in Physical Education
www.familytyyes.com

Website worth looking at....
Realization that there are many local resources we are not utilizing....
Kayaking on Children’s Lake:
7 minute walk from BSHS
SCUBA in the BSHS pool
HIKING ON THE APPALACHIAN TRAIL
Fly fishing in Mt. Holly Springs
SNOWSHOEING ON BSHS CAMPUS
Idea for a senior level PE class focusing on the safe and appropriate use of local resources in the pursuit of lifelong fitness and activity is created and brought to Administration.
Course approved.

Implementation begun
2001-2002
Class Structure

- Intensive scheduling (i.e. Block Scheduling) is utilized at BSHS
- Meet for 90 minutes
- Meet every other day in a six day cycle
- Co-ed classes
- Maximum class size is approx 30 students per semester
Class Structure

- Utilize community volunteers for the majority of the units taught
- Team taught due to the nature of the class activities
The First Week

• The first week of class is usually spent going over the syllabus, release and medical forms, discussing the concept of “Challenge by Choice” and having students participate in teambuilding and icebreaker activities so that they start becoming comfortable working cooperatively with classmates and instructors.
Medical and Release Forms

- Each student receives a detailed medical form, as well as, a general release form.
- Both forms must be completed and returned before students are permitted to participate in any off campus activities.
- Many activities (i.e. SCUBA, Climbing Tower, Tubing) require additional release forms.
Grading

• Participation
• Attitude
• Notebook
• Quizzes
• Writing Assignments
• Projects
UNITS COVERED

• Cooperative Games, Teambuilding, Trust
• Canoeing, Kayaking
• Fly Fishing
• Snorkeling, SCUBA Diving
• Snowshoeing
• Orienteering
• Hiking
Trust Activities

- Teambuilding & Problem Solving Activities
- Blindfolds
- Trust Falls
- WEB
- CLIMBING TOWER
Canoeing & Kayaking

- Review session of skills in pool
- Survival swimming
- Community volunteers
- Trip to Children’s Lake
Fly Fishing

- Casting Skills
- Fly Tying
- Community Volunteers
- Fly Fishing Club
SCUBA

- Introduce SCUBA Diving with a review of snorkeling skills in the pool.
- All students have the option of participating in the PADI “Discover SCUBA” course during class time with a certified instructor.
Winter Sports

• Snowshoeing – basic parts of a snowshoe, how to properly fit shoe, and basic technique.
• Tubing – weather permitted students may participate in field trip to Ski Roundtop.
Orienteering

- Basic parts of compass
- How to use a compass
- Paces vs. Steps
- Orienting a compass to a map
- Creating a compass course
Hiking

- Hiking Safety and Sanitation
- Proper Clothing
- Fire Building Techniques and Safety
- Stoves and Food
- Water Filters
- Tents, Backpacks, Sleeping Bags
- Mini Hikes on Appalachian Trail in preparation for day hike and overnight hikes
Budget ??????

H/PE Budget is about $5500 annually for all PE, Health and First Aid classes...Hhmm...possibilities?
FUNDING TIMELINE

Internet searches, letters to companies, discussions with colleagues looking for grant opportunities
<table>
<thead>
<tr>
<th>Year</th>
<th>Grant Name</th>
<th>Activity Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2000-2001</td>
<td>Family Tyes Grant</td>
<td>Fly Fishing materials and curriculum</td>
<td>$3500</td>
</tr>
<tr>
<td>2001-2002</td>
<td>Appalachian Trail Conference Grant</td>
<td>Purchase hiking/backpacking equipment</td>
<td>$1500</td>
</tr>
<tr>
<td>2002-2003</td>
<td>AALR, Future Fishermen’s Foundation and RBFF</td>
<td>Purchase canoes, kayaks, paddles and PFD’s</td>
<td>$5000</td>
</tr>
<tr>
<td>2003-2004</td>
<td>EDGE Program</td>
<td>Purchase boat trailer, additional hiking and teambuilding materials</td>
<td>$1500</td>
</tr>
</tbody>
</table>
Grant Requests Pending:

FALL 2005:

APPALACHIAN TRAIL CONSERVANCY

$1500

To incorporate mentoring program with one of our Elementary Schools and Harrisburg City Schools
SPRING 2006

Pennsylvania Department of Education
Department of Environment and Ecology
$3000
To use services of Advancing Science Program at Gettysburg College to teach watershed education, water quality testing etc. as well as to support mentoring program with elementary and Harrisburg City Schools.
Other Opportunities:
Summer 2006:

Workshop with Appalachian Trail Conservancy:

“A Trail to Every Classroom”

July 9-14

American Wilderness Leadership School
Jackson Hole, Wyoming

(scholarship through Safari Club International)

August 2-9
• Most of the cost has been through grants
• Have involved many community organizations
• High school students – very enthusiastic to take Physical Education Class!
What’s Next for the Outdoor Course?

• Renovation project to begin at completion of 05/06 school year.

• In the plan is a climbing wall for the new multi-purpose room.

• The vision set for the future is to get a low ropes course located on school campus and a bike/walk trail for in-line skating.
Community Organizations

• Appalachian Trail Conservancy
• Trout Unlimited
• Community Residents (Hiking – Canoe Club)
• Harrisburg Scuba Club
A glimpse at the Outdoor Education Experience...
Starting Steps

• Look at resources near school
• Get a feel for community and what it can do to help you
• Be creative in search for funding resources…may be as simple as an Internet Search
• Get a feel for Administrative support
• PROMOTE YOUR PROGRAM
• Don’t give up...be flexible, creative and determined!
Contact us if we can help you in any way

- Mark Correll  mjc@smsd.us
  Assistant Principal
- Barb Ferrell  bjf@smsd.us
  H/PE Dept Chair/Instructor
- Andrea Miller  alm@smsd.us
  Instructor
Snail Mail

Boiling Springs High School
4 Forge Road
Boiling Springs, Pa 17007

(717) 258-6484
“For in the end, we only conserve what we love. We only love what we understand. We only understand what we are taught.”

-Baba Dioum