

SUPERIOR SNOWSHOE

LESSON PLAN



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

SUPERIOR SNOWSHOE



CLASS DESCRIPTION: An Outdoor Recreation Class

After a short introduction to several different types of snowshoes, students use snowshoes provided by Wolf Ridge to travel to one of several Superior Hiking Trail overlooks above Lake Superior. Taking breaks along the way, students will discover neat features of winter, like snow and ice patterns, animal tracks, and plants. Routes leading over one of Wolf Ridge's two frozen lakes, through the frozen wetlands, and possibly an overview of the lake, will provide plenty of opportunity to discover this winter landscape as students stay far away from designated trails. Students will also participate in an outdoor physical activity that promotes a healthy relationship between people and the environment.

Total time: 3 hours (2 1/2 hours outdoors)

Audience: 6-20 students, 4th grade through adult

Activity level: strenuous

Travel: 3 miles

Total Uphill Travel: 300 feet

GUIDING QUESTION

How do snowshoes give us more opportunities to explore the Lake Superior ecosystem in winter?

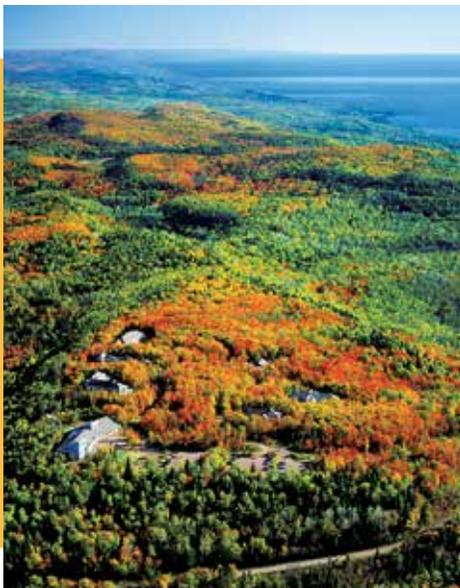
CONCEPTS

1. Outdoor Recreation- Using physical skills allows us to reach remote natural areas, and gain a sense of place.
2. Science and Technology- Humans adapt to their surroundings by observing and applying basic scientific principles.
3. Ecosystems -All living and nonliving components of an environment interact with one another to form an ecosystem.

OUTCOMES

Upon completion of Superior Snowshoe class students will be able to:

- Compare and contrast different materials and styles of snowshoes and bindings.
- Demonstrate the ability to maneuver across the snow on snowshoes.
- Evaluate the advantages of snowshoes for winter travel.
- Note unique natural features in winter like animal tracks, birds, snow and ice patterns, and plants, and connect how they connect to the Lake Superior region ecosystem.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

Classroom

- Wolf Ridge site maps
- Lake Superior map
- snowshoe examples
- stations for weight distribution probe

Travel Equipment

- backpack
- extra snowshoe
- route map
- compass
- ice thickness chart
- 1- 2 binoculars
- first aid kit
- snack
- filled water bottles

Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

Set-up (15 min.)

- Classroom/class prep description
- Safety Management

I. Why use snowshoes? (30 min.)

- A. Initial Observations
- B. Weight Distribution Probe
- C. Snowshoe Designs
 1. Materials
 2. Bindings
 3. Styles
- D. Where to?
- E. Equipment

II. How do we use snowshoes? (40 min.)

- A. Towards the Lakes
- B. Technique and Explore
- C. Race

III. What can we learn along the way? (110 min.)

- A. Hike There
- B. Winter Ecology
 1. What do you notice?
 2. Nature Stories in Winter
 3. People Stories in Winter
- C. Hike Back
 1. Snowshoe Stories
 2. We Can Go Almost Anywhere in Winter
 3. What's Next

Clean-up (10 min.)