

Maine Outdoor Education Program



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Program: Hiking

Program Description: Maine Outdoor Education Program (MOEP)

MOEP offers school age children three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, Nordic skiing, hiking and mountain biking. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

Program Goals:

- To provide students with the necessary skills to participate in outdoor aerobic sports including canoeing, kayaking, Nordic skiing, hiking, snowshoeing, and mountain biking.
- To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- To create a positive learning opportunity emphasizing health and fun.
- To inspire students to become active stewards of land and resources.

Program Objectives: Hiking

- to explain two key points to hiking safety.
- to identify trail markers on the hiking trail.
- to describe two indigenous tree species
- to use trekking poles with appropriate etiquette and safety .
- to complete a hike.

Program Agenda:

- Meet at School to board bus
- Arrival at trail system
- Organize into Groups/bathrooms
- Hike
- Lunch.
- Depart for school

Discussion Questions:

Why do you think people go hiking?

Explain would you need to think about if you were planning to go on a day hike in Maine? What would you pack? How can you hike safe?

Describe the sights, sounds, smells and how you feel on your hike.

Activities:

- Interpretative hike in local area per coordination with school
- Exploration of local resources and history