

# YMCA Camp Fitch Outdoor Education Curriculum List

## **LIVING HISTORY**

Indian Life Fair (2hrs)  
Indian Lore  
Pioneer Craft Fair (2hrs)  
Pioneer Crafts  
Pioneer Tools

## **NATURAL SCIENCE**

Lake Erie Study  
Nature Gone Wild  
Nature Walk  
Pond Study  
Tree Study  
Weather or Not

## **NATIVE LIVING THINGS**

Horsemanship  
Reptiles and Amphibians  
Tweetie Smash  
Go Fish

## **PRACTICAL SCIENCE**

Math Scavenger Hunt  
Orienteering

## **GROUP COOPERATION SKILLS**

Group Challenge Course  
Indoor Challenge Course  
Survival  
Rock Climbing  
    Indoor 20' Wall  
    Outdoor 40' Tower

## **LIFETIME SKILLS**

Outdoor Cooking  
Archery  
Canoeing  
Cross-Country Skiing  
Enchanted Forest  
Scavenger Hunt

## **EVENING ACTIVITIES**

Campfire	Dutch Auction	Zingers	Create-a-Beast
Eco-Dramas	Night Hikes	Group Games	

# YMCA Camp Fitch Outdoor Education Curriculum Walkthrough

## LIVING HISTORY

**Indian Life Fair** - This is a 2-hour class based on the lifestyle of the Eastern Woodland Indians. Through various activities such as native cooking, trapping, and games conducted in small groups the students learn about everyday life as Native Americans. The group then comes together for the last part of the class where they role play as chief and warriors present at a council meeting where they must decide if they will accept or reject a land deal from the United States government.

**Indian Lore** - This is a one-hour version of the Indian Life Fair.

**Pioneer Crafts Fair** - Imagine life in Ohio or Pennsylvania 200 years ago. This 2-hour activity takes everyone back in time to the edge of the frontier. The first hour is spent in small groups rotating through short sessions on pioneer life. During the second hour the students go back and try their hand at various crafts and activities that they have learned about. Some possible crafts and activities are candle making, butter making, spinning, cornhusk dolls, and pioneer tools.

**Pioneer Crafts** - In this one-hour class the students get a taste of pioneer life learning about candle and butter making.

**Pioneer Tools** - This step back in time allows students to try their hands at using some of the tools that early settlers would have used to build their homes, barns, and furniture. After a discussion of pioneer life and instruction about the tools, the students spend time using the different tools.

## NATIVE LIVING THINGS

**Horsemanship** - This class centers on teaching the students safety around horses, their various parts and adaptations and the proper care and handling of horses. This discussion prepares the students for a short horse ride near the barn.

**Reptiles and Amphibians** - This hands-on class is designed to teach students the external differences between reptiles and amphibians. It also teaches them that reptiles and amphibians have special adaptations for living in their natural environment, protecting themselves, and obtaining their food.

**Tweetie Smash** - This class uses an active flash card game to teach the students how to identify local winter birds and teach them about some of their special adaptations. After the game the students are instructed on how to locate birds and observe them using binoculars. The group then spends the rest of the class time outside observing the birds.

**Go Fish** - In this class the students learn first about fish, their habitat, the parts of a fishing pole, and how to cast. After some practice casting and instruction on how to bait a fish hook the students pair up and spend the rest of the class fishing at our inland pond.

## **NATURAL SCIENCE**

**Lake Erie Study** - In this class the students gain a greater understanding of the geology, geography, history, and present-day uses and problems of the Great Lakes through discussion and exploration along the shore of Lake Erie.

**Nature Gone Wild** – This class uses a series of fun group activities to illustrate animal behavior and their adaptations in the wild. Students role play as animals to accomplish simple tasks such as gathering food and tracking prey.

**Nature Walk** - This activity takes students into the woods to take a close look at living things around them. Through exploration, games, and discussion the students can learn about animals of the woods, the woodland habitat, wild flowers, trees, and wild edibles.

**Pond Study** - The focus here is on the study of food chains, food webs, habitats, and the human effect on the environment through the study of life in and around a pond. The study is carried out through discussion exploration of the pond, water sampling, and then studying the water samples under the microscopes.

**Tree Study** - This class concentrates on having the students take a closer look at trees in order to become more aware of differences and similarities in them, to learn about the special features and uses of different tree and how to identify them.

**Weather or Not** - Students learn about different types of weather, the factors that effect our day to day weather, and some of the instruments used to predict the weather.

## **PRACTICAL SCIENCE**

**Math Scavenger Hunt** - This is an estimating activity in which the students search in small groups for items of certain sizes and for information about the size of certain items in the class area. The students create their own measuring tools first by measuring their own height and size of their hands and feet using a standard measuring tape. They then leave the tape behind to search for items on a scavenger hunt list.

**Orienteering** - In Orienteering the students learn all about the compass, its parts, and its use. Students are also taught how to pace a distance. The skills they learn are then used to find locations on an orienteering course.

## **GROUP COOPERATION SKILLS**

**Group Challenge Course** - This is a series of problem solving activities in which a group of students is presented with a number of challenges to accomplish as a group. These challenges are designed to stimulate group cooperation, strengthen group unity, raise the level of self-confidence and pride of each student, and to have fun.

**Indoor Challenge Course** - This problem solving activity is made up of activities that can be done in either an indoor or outdoor setting. The challenges presented to the group help to stimulate group cooperation, strengthen group unity, raise the level of self-confidence and pride of each student, and to have fun.

**Survival** - This class introduces the students to the basic survival needs and how to obtain them. Then, through a simulated survival course students work together to stimulate group cooperation, strengthen group unity, raise the level of self-confidence and pride of each student, and to have fun.

## **LIFETIME SKILLS**

**Outdoor Cooking** - This class teaches students the basics of cooking over an open fire. The students are first taught about fire building and fire safety. Then they prepare a snack, cook it, and enjoy it.

**Archery** - This activity teaches the students how to properly fire a bow and arrow as well as proper safety.

**Canoeing** - In this seasonal activity students learn boat safety, the parts of a canoe paddle, how to use a canoe paddle, the correct way to enter and exit a canoe all on our 2.5 acre pond.

**Cross-Country Skiing** - This seasonal activity introduces students to the sport of cross-country skiing. The students are taught an introductory ski lesson and then are given time to explore some of our site on skis.

**The Enchanted Forest** - The variety of activities in this class allow the students to experience the outdoors by focusing on the five senses. Students are encouraged to be alert and aware of what is happening in the natural world around them.

**Scavenger Hunt** - In this activity the students work in small teams to find all of the items on a scavenger hunt list. To find the items they must use good observation skills to look closely at the woods, fields, beach, and whole are around them.

## **EVENING PROGRAMS**

**Campfire** - A traditional sing-a-long indoors or outdoors, depending on the weather.

**Create-a-Beast** - A communication game in which teams try to recreate a "Beast" exactly like the one hidden from view. Team members are divided into roles where some team members see the original "Beast", some collect the materials for its construction, and others build it at their table.

**Dutch Auction** - Each table group works as a team as they cooperate and uses their imaginations. All students come to the game with items they have brought to camp. An "auctioneer" then calls for items. Teams then must produce the item called to receive points. Not all items are tangible, but are things a team member must perform or use their imagination to create.

**Eco-Dramas** - Nature charades. Small groups of students act out natural phenomena without props or sound effects.

**Night Hikes** - This activity helps students feel more comfortable outside in the dark. Students use their senses of hearing, touch, and smell to explore the nighttime environment.

**Zingers** - The students are divided into smaller groups for this activity. The groups then rotate through a series of stations, each station having a task for the group to perform. The effort to accomplish the tasks promotes cooperation and teamwork skills.

**Group Games** - Big group games played to encourage cooperation and teamwork in a fun way.