**Grade: 10, 11, 12 Unit: Urban Trekking Dates: ­March 27 – April 16**

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| **Lesson Number** | **Lesson Title** | **GLO’s** | **SLO’s** | **Learning Activities** | **Assessment** | **Instructional Strategies** | **Equipment** | **Safety** |
| 1Sept 17 | Information & Knowledge Seminar | BD | B10-6D10-1D10-8B11-6D11-1B12-6D12-1 | 1.Attendance2.Review Rules and Expectations3.Overview of Unit |  | Direct Instruction | Pens/PencilsInformation sheets |  |
| 2Sept 22 | Fish Creek Provincial Park | ACD | A10-13C10-6D10-1D10=8A11-7C11-6D11-1A12-13C12-6D12-1 | 1.Attendance2.Gather students to the tubby bus, travel to Fish Creek Provincial park.3.Go for a walk4.Gather students back onto the tubby bus and head back to the school.  | Daily Participation | Direct InstructionFitness for LifeGuided Discovery | Tubby BusProper walking shoes | -Students should be informed of the route boundaries for the activity.-Teachers should encourage the use of the buddy system. -Do not walk in the street if there is traffic. -Always walk on the right side of the path.-Appropriate outdoor walking surfaces include sidewalks, grass, trails and pavement. -Anyone allergic to wasps/bees should bring an epi pen if they have one as wasp stings are more likely to happen in the fall. |
| 3Sept 23 | Nose Hill Park | ACD | A10-13C10-6D10-1D10=8A11-7C11-6D11-1A12-13C12-6D12-1 | 1.Attendance2.Gather students to the tubby bus, travel to Nose Hill Park3.Go for a walk4.Gather students back onto the tubby bus and head back to the school.  | Daily Participation | Direct InstructionFitness for LifeGuided Discovery | Tubby BusProper walking shoes | -Students should be informed of the route boundaries for the activity.-Teachers should encourage the use of the buddy system. -Do not walk in the street if there is traffic. -Always walk on the right side of the path.-Appropriate outdoor walking surfaces include sidewalks, grass, trails and pavement.-Anyone allergic to wasps/bees should bring an epi pen if they have one as wasp stings are more likely to happen in the fall. |
| 4Sept 24 | North Glenmore / Weselhead flats | ACD | A10-13C10-6D10-1D10=8A11-7C11-6D11-1A12-13C12-6D12-1 | 1.Attendance2.Gather students to the tubby bus, travel to North Glenmore Park3.Go for a walk4.Gather students back onto the tubby bus and head back to the school. <http://www.calgary.ca/CSPS/>Parks/Documents/Locations/north-glenmore-west.pdf<http://theweaselhead.com/park-location/> | Daily ParticipationSelf Evaluation | Direct InstructionFitness for LifeGuided Discovery | Tubby BusProper walking shoes | -Students should be informed of the route boundaries for the activity.-Teachers should encourage the use of the buddy system. -Do not walk in the street if there is traffic. -Always walk on the right side of the path.-Appropriate outdoor walking surfaces include sidewalks, grass, trails and pavement.-Anyone allergic to wasps/bees should bring an epi pen if they have one as wasp stings are more likely to happen in the fall. |

All City of Calgary parks - http://www.calgary.ca/CSPS/Parks/Pages/Locations/All-city-parks.aspx

WeaselHead Flats Park - http://www.calgary.ca/CSPS/Parks/Pages/Locations/SW-parks/Weaselhead-Flats.aspx

Fish Creek - http://www.albertaparks.ca/fish-creek.aspx

Nose Hill Park Map - http://www.calgary.ca/CSPS/Parks/Documents/Construction/Nose-Hill-Project/trail-pathways-map.pdf

North Glenmore Park Map - http://www.calgary.ca/CS/IIS/Documents/emaps/glenmore.pdf

Suggested YYC Path loops - http://www.calgary.ca/CSPS/Parks/Pages/Pathways/Pathway-routes.aspx

Calgary Parks Pathways Interactive Map - http://thecityofcalgary.maps.arcgis.com/apps/webappviewer/index.html?id=26f5b28aad3840ada2111fcb4c471462