**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** |
| 1  Sept 17 | Information & Knowledge Seminar | B  D | B10-6  D10-1  D10-8  B11-6  D11-1  B12-6  D12-1 | 1.Attendance  2.Review Rules and Expectations  3.Overview of Unit |  | Direct Instruction | Pens/Pencils  Information sheets |  |
| 2  Sept 22 | Fish Creek Provincial Park | A  C  D | A10-13  C10-6  D10-1  D10=8  A11-7  C11-6  D11-1  A12-13  C12-6  D12-1 | 1.Attendance  2.Gather students to the tubby bus, travel to Fish Creek Provincial park.  3.Go for a walk  4.Gather students back onto the tubby bus and head back to the school. | Daily Participation | Direct Instruction  Fitness for Life  Guided Discovery | Tubby Bus  Proper 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. |
| 3  Sept 23 | Nose Hill Park | A  C  D | A10-13  C10-6  D10-1  D10=8  A11-7  C11-6  D11-1  A12-13  C12-6  D12-1 | 1.Attendance  2.Gather students to the tubby bus, travel to Nose Hill Park  3.Go for a walk  4.Gather students back onto the tubby bus and head back to the school. | Daily Participation | Direct Instruction  Fitness for Life  Guided Discovery | Tubby Bus  Proper 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. |
| 4  Sept 24 | North Glenmore / Weselhead flats | A  C  D | A10-13  C10-6  D10-1  D10=8  A11-7  C11-6  D11-1  A12-13  C12-6  D12-1 | 1.Attendance  2.Gather students to the tubby bus, travel to North Glenmore Park  3.Go for a walk  4.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 Participation  Self Evaluation | Direct Instruction  Fitness for Life  Guided Discovery | Tubby Bus  Proper 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