



ORS School Programs Overview

Outdoor Recreation School

Call 763.694.7717 for reservations

Our mission is to teach recreational activities that promote and enhance active outdoor lifestyles and foster a greater appreciation for the natural environment. Our programs are interdisciplinary, incorporating content in the areas of physical education, science, and social studies. Many lesson topics are the same across grade levels, but the content differs according to students' ages and abilities. Academic standards can be addressed in the activities listed below at the request of teachers (note that they may not be covered in depth if the time available for the lesson is limited). Please check back for an updated list with standards linked, or call the Outdoor Recreation School (ORS) to discuss any standards you would like to be a part of a lesson.

The staff of the ORS includes Outdoor Educators and Recreation Specialists with Bachelor and Master Degrees in the areas of biology, recreation, environmental analysis, and education. We bring much expertise and enthusiasm to our lessons and are eager to work with teachers to customize programs to meet the specific needs of their classroom. In addition, we have experts on staff in the area of adaptive programming, and we have specialized equipment available to accommodate most special needs.

<p>Kindergarten–Grade 1</p> <ul style="list-style-type: none"> Pond Study Camping Skills Shelter Building Ice Fishing Snowshoeing Kicksleds Winter Adaptations Maple Syrup Slackline and Obstacle Course Tracks and Animal Signs Nature Hike Camouflage Fishing and Games American Indian Games 	<p>Grade 2 <i>Same as K-Grade 1, plus the following:</i></p> <ul style="list-style-type: none"> Atlatis Primitive Fires Fire Building Cooking in Your Camp Cordage Edible Plants Leave No Trace Logrolling Winter Shelters Disc Golf Orienteering/Map Reading Geocaching/GPS Navigation Climbing Wall Teambuilding/Challenge Course
<p>Grades 3-12 <i>Same as all above, plus the following:</i></p> <ul style="list-style-type: none"> Archery Canoeing Kayaking 	

Sample Lesson with Academic Standards:

Primitive Fire Building (4th grade)

Duration: 2 hours with 25-30 students

This length of time with students allows us to address the standards below; shortening teaching time will affect our ability to meet the standards.

Objective: Students will learn the three elements of fire, and will try three primitive methods to create a spark: hand drills, bow drills, flint and steel.

- A. Discuss primitive fire making (10 mins)
 - 1. Why it was needed
 - 2. How people discovered it
 - 3. Materials used
- B. Talk about 3 elements of fire (10 mins)
 - 1. Spark (eg; lightning, friction, flint and steel)
 - 2. Oxygen
 - 3. Fuel (dry tinder, kindling, wood)
- C. Fire Safety (10 mins)
 - 1. Preparing area for fire
 - 2. Water
 - 3. Attending fire at all times, and having adult present
 - 4. Keeping fire contained and manageable
- D. Hand Drills (15 mins)
 - 1. Have students experiment with hand drills
 - a. work solo
 - b. work with each other to keep drill moving—practice different methods for success
 - 2. Talk about what would happen if someone actually got a coal
- E. Bow Drills (practicing and testing theories about what works and doesn't work) (15 mins)
- F. Flint and Steel (same) (15 mins)
- G. Build fire to learn how the elements of oxygen and fuel affect starting fire (30 mins)
- H. Closing/Summary: What did we learn? (10 mins)

Science Standards:

- 4.1.2.2.1 Designs for solving problems
- 4.1.2.2.3 Test and evaluate solutions
- 4.1.3.3.1 Invention to new inventions
- 4.2.3.2.1 Generating heat energy

Social Studies Standards:

- 4.3.4.9.1 Human adaptations and environmental impact

Physical Education Standards:

- 2.2 Skills feedback to others
- 2.4 Practice improves performance
- 2.5 Strategies to improve performance
- 5.1 Rules and safety expectations
- 5.2 Utilize safety principles
- 5.3 Cooperation and sportsmanship
- 5.4 Works independently and on task
- 6.1 Enjoyment of physical activity
- 6.2 Practice to increase skill
- 6.3 Appropriate peer interaction