

Hiking

W3 - I can plan for and engage in alternate environment activities.



Step 1: Research some hiking essentials! Include some tips below:

Step 2: Identify somewhere you would like to hike! Write down where below (<https://moosejaw.ca/parks-recreation-culture/parks-trails/trails/>):

Step 3: Prepare for your hike. You will need to make sure you have:

- ☐ appropriate clothing (i.e. jacket, toque, mitts, scarf, etc.) for the weather
- ☐ equipment (i.e. appropriate shoes)
- ☐ water bottle
- ☐ snacks

Step 4: Participate in a hike! Take a picture from your hike to share!

Step 5: Complete a reflection of the activity (below)

Activity Reflection

1. What were some essential skills/actions/knowledge for this activity?
2. Were there any tactics or movement principles to keep in mind while doing this activity?
3. What was a goal you had when doing this activity? How did you try to achieve this?
4. What is a tip you would give to someone trying out this activity?
5. Did you have fun doing this activity? Could you see yourself making this a lifelong physical activity you could do regularly?