

# Day Program Options

Visit our website at [www.alabama4hscienceschool.org](http://www.alabama4hscienceschool.org)

Rev. 01/2018

## SCIENCE-BASED PROGRAMS

**Herpetology (1 OR 2 Hour Program):** One of our most popular classes! Students will have an opportunity to touch, observe and learn about reptiles and amphibians native to Alabama. Many misconceptions about these animals will be discussed and students will see how beneficial they are to our natural world.



**Out on a Limb (1 OR 2 Hour Program):** Join us for an in-depth look at our forest ecosystem. The focus of this class will be to explore the forest floor, learn to identify some of our common native trees to Alabama, create a food web and use their math skills to measure tree height. Students will also enjoy a hike through seldom seen areas of the property. We recommend this as a 1 hour program for 3rd grade and younger. **Tiered Grade Specific Lesson Plans for K-3rd, 4th-6th and 7th+**

**Something's Fishy (1 OR 2 Hour Program):** We will use this opportunity to take a closer look at the largest group of vertebrates in the world. Habitat variations and unique adaptations will be examined as well as getting the opportunity to go fishing. Students will also learn how to rig a pole and make their own lures. Perch dissections can also be conducted for a nominal cost. We recommend this as a 1 hour program for groups choosing not to dissect or with 4th grade and younger. **Tiered Grade Specific Lesson Plans for K-3rd, 4th-6th and 7th+**

**What's Buggin' You (1 OR 2 Hour Program):** This class introduces students to the diverse and fascinating world of insects through hands-on exploration and activities designed to examine insect adaptations and behaviors. Students will learn to see the world through the eyes of bugs and better understand their vital role in our environment. We recommend this as a 1 hour program for 4th grade and younger.

**Friends of a Feather (1 OR 2 Hour Program):** Students will learn about the world of birds through observation, discussion, and practice! Food chains, beak adaptations, and toe arrangements are just a few topics to explore. Students will also meet a small live bird of prey during this program and it can be taken in conjunction with the Raptor Trek Evening Program. **Tiered Grade Specific Lesson Plans for K-3rd, 4th-6th and 7th+**

**Lake Living (2 Hour Program):** Explore the aquatic habitat of Lay Lake and discover the amazing world below the surface! Students will need to wear old clothes as they will use boots, nets, stereoscopes, and a dichotomous key to collect, examine, and study aquatic insects and other water critters. This class allows students the opportunity to make a solid connection between biodiversity and the health of an ecosystem. **Tiered Grade Specific Lesson Plans for K-3rd, 4th-6th and 7th+**



**Rivers and Reservoirs (2 Hour Program):** The history of the Coosa River is a focal point of this class. Students will discuss watersheds, the effects of pollution on bodies of water, and will conduct chemical tests of Lay Lake. This class is **recommended for 6th grade and higher.**

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## OTHER SCIENCE CONTENT BASED CURRICULUM

**Alabama's Living History (4 HOUR PROGRAM CHOICE):** We will travel across Lay Lake via Pontoon Boat and back in time to take a trip through Central Alabama Community College's Pioneer Village. Students will take a hike through history on their tour through the village and will be introduced to the way of life in Alabama during the late 1800s. Activities include rope and butter making.



**CLASS IS NOT OFFERED UNTIL FURTHER NOTICE. Pioneer Village is under construction.**

**\*\* NOTE: THIS CLASS WILL TAKE PLACE DURING AN ENTIRE AFTERNOON AND COUNTS AS FOUR HOURS OF PROGRAM. This class is NOT available for 1 Day 4HSS fieldtrips .**

**Lost and Found (1 OR 2 Hour Program):** The ability to read maps is crucial. This class focuses on the different types of maps and allows students the opportunity to practice using maps to find their way around camp. Beginner and advanced courses are offered. We recommend this as a 1 hour program for 6th grade and OLDER.



**Team Navigation (1 OR 2 Hour Program) - 4th Grade and up:** Students will work in teams of 2-5 people to understand how hand held Global Positioning Satellite technology (GPS Units) works by creating scavenger hunts or using GPS tracks to shapes. Students then challenge each other to use their own GPS to find the scavenger hunt pieces or follow their tracks.

**Amazing Race: (1 OR 2 Hour Program)** This is an opportunity for students to take our Team Navigation class to the next level. Waypoints are found all over camp. Groups must work together to complete tasks at each site to earn the team points. Prizes are determined by the lead teacher.

**Survivor: Coosa River (2 Hour Program):** Keeping a positive mental attitude and having skills to safe are essential when being in the forest. Students will work together as a team to complete hands-on activities such as creating a fire, the importance of potable water, how to build a shelter using natural resources, strategies for trip planning and preparation, and what to do if you're lost in the wilderness. Other skills introduced to students may include compass reading, basic 1<sup>st</sup> aid, or Alabama plant identification. **Tiered Grade Specific Lesson Plans for K-3rd, 4th-6th and 7th+**

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## OUTDOOR EDUCATION PROGRAMS



**Archery (1 OR 2 Hour Program)** - Recommended for 5th grade and up: Students will learn the basics of archery under the supervision of our certified instructors. They will master proper safety procedures while at the archery range as well as technique for shooting with emphasis on hitting the target, not necessarily the bull's eye. This program is recommended as a 1 hour program if your group size is less than 15.

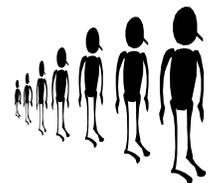
**Canoeing (2 Hour Program)**: Students are given basic canoe instructions for safety and maneuvering before venturing onto the water to try for themselves. The instructor (a certified lifeguard) will cover canoe techniques, procedures, and basic water safety. All students must wear a personal flotation device (PFD) at all times and are checked out by trained staff before being allowed to enter the water. **\*NOTE: For the safety of our students we REQUIRE that students who have not entered 4th grade have an adult for EACH boat on the water to participate in this program.**



**New Games (1 OR 2 Hour Program)**: The class is designed to promote cooperation, trust and coordination through traditional and non-traditional field game activities. Students are given the opportunity to run and play while interacting with their peers and team building. **Recommended for 4th grade and younger.**

**Team Initiatives: 1 Hour Program — \*\*Pre-Requisite for Challenge Course\*\* 4th Grade and up:** Students are introduced to the concepts involved with teamwork, team building, and problem solving by the use of Initiatives of "Field Activities." Activities will differ from group to group as instructors feel out the strengths of their team. This program may be taken by itself or as a precursor to the Challenge Course.

**Challenge Course: 1-2 Hour Program — 5th Grade and up:** Students will learn the importance of teamwork and problem solving by attempting elements found on our Low Ropes Course. Again, elements will differ from group to group as instructors feel out the strengths of their team. Participation in these elements does not involve wearing a harness. All groups will begin their Challenge Course Program with "Ground Initiatives" and will not proceed onto the course until the instructor feels it is safe to do so. Team Initiatives is a Pre-Requisite for this course. **Required to take in combination with Team Initiatives (2 Hour activity).**



**Climbing Wall: 1 OR 2 Hour Program — 4th Grade and up:** Students will set goals and attempt to ascend our 35-foot rock climbing wall. Encouraged by their peers and led by a certified climbing wall instructor, students will truly enjoy this thrilling experience. Helmets and harnesses are required and provided. This program is recommended as a 1 hour program if your group size is less than 15.

**The Clover Hop: 2 Hour Program—4th Grade and up:** In this group activity participants are harnessed in and traverse a course of swinging clovers 20 feet in the air while their peers assist by keeping the clovers stable from the ground. All equipment provided.

**Giant Swing: 2 Hour Program — 5th Grade and up:** Our swing offers students a chance to face their fears while depending on their team. Helmets and harnesses are required and provided. Note: This activity is Challenge by Choice, but participation may also be limited if students are too small to secure a harness.