

## **Maine Outdoor Education Program Winter Season**

**Program:** Nordic Skiing

**Location:** East Branch 2540 Grindstone Road

**Time:** 8:00-1:00

### **Program Description:** Maine Outdoor Education Program (MOEP)

MOEP offers school age children three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, and Nordic skiing. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

### **Program Goals:**

- To provide students with the necessary skills to participate in outdoor aerobic sports including
- Canoeing, kayaking, and Backcountry skiing.
- To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- To create a positive learning opportunity emphasizing health and fun.
- To inspire students to become active stewards of land and resources.
- To highlight the connection between health and the environment.

### **Program Objectives: Nordic Skiing**

- To explain four key points to Nordic Skiing and cold weather safety.
- To get in and out of their skis independently.
- To demonstrate key techniques such as falling/getting up, gliding, snowplowing, etc

### **Program Agenda:**

8:00am-9:00am Welcome, orientation & division into pre-organized small groups.

9:00-10:15am Introduction to Nordic ski equipment, group expectations and ski techniques.

10:30am-10:45am Snack

10:45-12:00pm Group ski/ instruction and ski on the East Branch Trails highlighting local ecology.

12:00-12:50pm Lunch/rest.

12:50-1:00: Load Bus and Depart.

### **Activities:**

- Introductory talk on staying warm in winter and safety steps.
- Guided demonstration on ski equipment and selection.
- Instruction on Backcountry Ski basic techniques.
- Guided demonstration on how to maneuver skis.
- Group activity/ski highlighting ecological relationships and opportunities to correlate the history of the place with the real time observations of plants, and animals through questions, real examples and inquiry.