

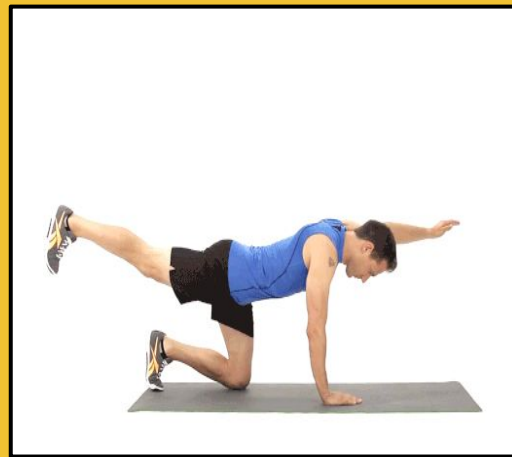


# BREAKING QUESTION?!?

## WOULD YOU RATHER ALWAYS BE DRESSED UP OR WEAR PAJAMAS?



**DRESSED UP**



**PAJAMAS**



**THIS DYNAMIC WARM-UP IS HOW WE WILL WARM-UP EACH DAY IN OUR CLASS.**



# DYNAMIC WARM-UP

- Check your shoes and make sure they are tied
- Stay in your squad lines
- Only 1 person from each squad line should go at a time
- Keep a good space and one behind the other.
- Stay together as a group to move to the opposite sideline

**GET YOUR  
HEART RATE UP  
READY FOR THE  
DAY!**



# JOG



**STRETCHES THE  
GLUTES, QUADRICEPS,  
LOWER BACK AND  
SHOULDERS.**



# HIGH KNEES



**OUTDOORS  
TOMORROW  
FOUNDATION**

**STRETCHES THE  
QUADRICEPS AND HIP  
FLEXORS.**



# BUTT KICKS



**Remember to bend  
your knees.**



# SLIDES

[www.avcssbasketball.com](http://www.avcssbasketball.com)



**STEP IN FRONT  
STEP  
STEP BEHIND  
STEP**



# CARIOCA



**OUTDOORS  
TOMORROW  
FOUNDATION**

**STRETCHES  
HAMSTRINGS, CALVES  
AND LOWER BACK.**



# FRAKENSTEIN





**STRETCHES THE  
GLUTES, HAMSTRINGS,  
HIP FLEXORS AND  
CALVES.**



# LUNGE TWISTS



**OUTDOORS  
TOMORROW  
FOUNDATION**

**STRETCHES THE  
QUADRICEPS.**



# QUAD STRETCH



**STRETCHES THE  
GLUTES, QUADRICEPS,  
LOWER BACK AND  
SHOULDERS.**



# KNEE HUGS

Knee Hugs

**YST**  
your sports trainer.com



**STEP, HOP  
STEP, HOP**



# HIGH SKIPS



# LESSON OVERVIEW



## LESSON TOPICS

- **How to Camp**
- **Types of Camping**
- **Camping Tips**
- **Selecting a Campsite**
- **Setting up Basecamp**
- **Essential Camping Gear**
- **When to Camp**
- **Camping APPS**

## VOCABULARY

- **Tent**
- **Hammock**
- **RU**
- **Primitive**
- **Backpack**
- **Dry Camping**
- **Overlanding**
- **Glamping**
- **Basecamp**

# NATIONAL STANDARDS



**STANDARD 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.**

**STANDARD 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.**

**STANDARD 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.**

# STATE STANDARDS



## **Texas Essential Knowledge and Skills (TEKS)**

**1A: demonstrate execution of basic skills in lifetime recreation and outdoor pursuits**

**1B: apply the rules and strategies of the selected lifetime recreation and outdoor pursuits**

**2B: identify critical elements for a successful performance during a specific activity**

**3A: participate in lifetime recreational and outdoor pursuits that provide for enjoyment and challenge**

# DIGITAL JOURNAL



**Click on the link  
to complete your  
journal entry!**





# CAMPING 101



## Camping 101

- **Setting up your shelter**
- **Setting up your bedding**
  - **Sleeping bag guidelines**
  - **Pillow**
  - **Beanie**
  - **Socks**
- **Campfire Tips & Tricks**
- **Cooking**
  - **Simple is best: heating up fully cooked items**
  - **Utensils and paper goods**
- **Breakfast**
  - **Simple is best:**
  - **Coffee, Bagels & Cream Cheese**

# TYPES OF CAMPING

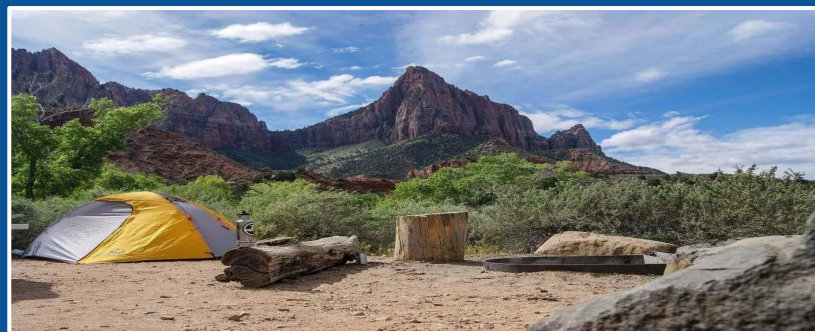


## TENT CAMPING

**WHAT IT IS:** Tent camping involves pitching a tent in a campground or a natural recreation area, using limited amenities you can find in the campgrounds, cooking on a fire ring or a gas stove.

### HIGHLIGHTS:

- Safe way of spending time in nature as usual, you will have other campers nearby and animals tend to avoid places with lots of people.
- Relatively inexpensive



# TYPES OF CAMPING



## HAMMOCK CAMPING

**WHAT IT IS:** Hammock camping is a great alternative to tent camping. Instead of the hassle of setting up a tent, you hang a hammock between two trees or posts.

### HIGHLIGHTS:

- Easier to set and quicker to take down
- Weigh less than tents (easier to carry)
- Warmer to sleep in because you are off the ground
- Allows you to be out in the fresh air



# TYPES OF CAMPING



## CAR CAMPING

**WHAT IT IS:** Car camping is when all the gear will be carried in the car, not in your backpack, but you are usually still pitching a tent to sleep in. Some people take out the backseats of a wagon-type car and fit a mattress, or sleeping bag making it possible to spend the night in the car.

### HIGHLIGHTS:

- Bigger option for supplies (you can take as many things on your camping trip as you can fit in the vehicle)
- Simple and easy to do
- Great low budget camping option
- No carrying of supplies in a backpack



# TYPES OF CAMPING



## RU OR UAN CAMPING

**WHAT IT IS:** RU camping usually includes hooking up your recreational vehicle to a source of electricity and water. It combines the camping part with the mobility provided by a vehicle. The amenities you have depend on what type of RU you own.

### HIGHLIGHTS:

- More mobile
- Don't have to worry about the weather
- You have your own facilities (kitchen, fridge or bathroom)
- Suited for those who are retired.



# TYPES OF CAMPING

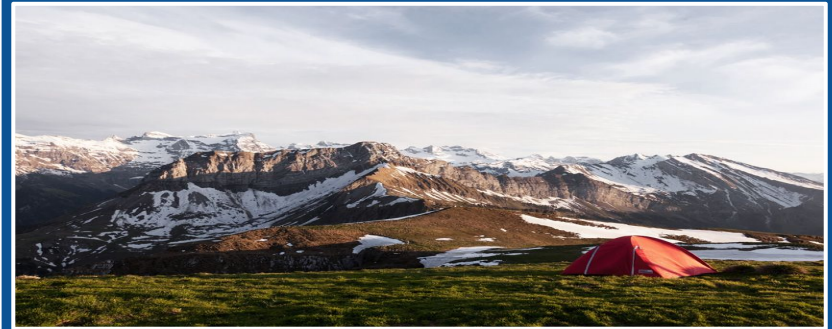


## PRIMITIVE CAMPING

**WHAT IT IS:** Primitive camping involves remote areas without amenities such as bathrooms, running water, or electricity. You hike out to a secluded area of a state park in the opposite direction of the traditional campground.

### HIGHLIGHTS:

- Discounted rates
- Solitude and complete independence
- Organizing your gear and planning your food is imperative
- Quality time with your family
- It allows you to rely on yourself more



# TYPES OF CAMPING



## BACKPACK CAMPING

**WHAT IT IS:** Involves walking during the day with all of your gear, a lightweight tent on your back, sleeping outside in a tent or a hammock and most often moving on the next day.

### HIGHLIGHTS:

- **Longer trips (depending on the trail)**
- **Closer to nature with lots of exercise**
- **Allows you to find and learn something new & different about nature**
- **More planning**
  - **People need to know where you are**
  - **Gear needs to be easy**
  - **Good fitting shoes\clothes**
  - **first aid kit**
- **NOT for beginners**



# TYPES OF CAMPING



## DRY CAMPING

**WHAT IT IS:** This is self-contained RU or van camping, meaning you don't have any water, electricity or sewer hook-ups. You have to make sure you organize all the necessities.

### HIGHLIGHTS:

- Must have water storage (you have to refill)
- Must have a portable power station or generator
- Allows you to explore the more remote areas of wilderness
- Allows you to camp in a parking lot or a truck stop, on your way to your final destination, saving money





# MORE TYPES OF CAMPING



## **OVERLANDING\ROOFTOP:**

**A fusion between camping and off-roading. It combines the elements of both to create an automotive\outdoor activity. In the self-reliant vehicle, you travel to remote destinations where the journey is the primary goal. Overland vehicles usually have a fold-out tent on the roof.**

# MORE TYPES OF CAMPING



## **BICYCLE:**

**Allows you to carry all of your camping gear on your bike. Which means you can carry more than if you'd go backpacking. It is also a great way if you want to cover more distance in a short period. That often gives you the chance to see more and enjoy the changing landscapes at a higher pace. You need a sturdy reliable bike, durable waterproof panniers, and some maintenance gear. With global warming in mind, this is a great way to reduce your carbon footprint on your travels.**

# MORE TYPES OF CAMPING



## **MOTORCYCLE:**

**Motorcycle camping takes advantage of an open adventure. By using a motorcycle it makes it a whole lot easier to travel further distances. Not to mention, you'll have a little more power to carry heavier gear with you. Some people even manage to tow a motorcycle travel trailer or pop up camper! It's a bit cheaper than staying in a hotel.**

# MORE TYPES OF CAMPING



## **CANOE/KAYAK:**

**Traveling by water in the Kayak or canoe allows you to travel further and see different scenery. You are able to travel to more remote areas. Weight is not a problem because all of your equipment rides on the boat. More planning is needed. This type of camping is best suited for two or more people for safety reasons.**

# MORE TYPES OF CAMPING



## **BACKYARD:**

**Backyard camping involves camping in your backyard, it's quite simple. Most people will pitch a tent and set up a little fire to roast marshmallows over. This is a great way to enjoy a night camping without any driving or campground costs. One thing to keep in mind though with backyard camping is that it may or may not be allowed depending on where you live. You'll want to check with your deed restrictions if you live in a neighborhood or don't have a tall fence. It is a wonderful activity that can help you get more accustomed to sleeping in a tent.**

# MORE TYPES OF CAMPING



## **GLAMPING:**

**Glamping combines camping with the luxuries of a home or hotel. You could wake up in a yurt on a mountaintop, reside in the forest canopy in a tree house, or take in panoramic views in an eco-lodge. It's a way of camping that combines being in nature with luxury and comfort. Glamping is all about making your getaway as comfortable as possible. There's no ultralight or skimping gear. Here, you take more than you need. It's much more than a nice tent.**

# MORE TYPES OF CAMPING



## WINTER:

**You're going to need some courage, self-sufficiency, and skill. If you can handle it though, it comes with some perks. With less bugs and smaller crowds you can experience a true winter wonderland with Frozen waterfalls, white treetops, and snow-covered peaks. Winter camping is all about having the right winter camping gear so you would stay warm during the night. You need a sturdy tent to cover from the strong winds, a thick sleeping bag that can withstand cold temperatures, and a well-insulated sleeping pad to protect yourself from the cold ground.**

# MORE TYPES OF CAMPING



## **SURVIVAL:**

**This is the most extreme form of camping and to only be attempted by skilled and experienced campers. The aim of this activity is to become self-sufficient for a period of time and return alive. Some people just want to know they can handle it. So they go out to remote areas and test their survival skills. They use different methods and techniques to provide themselves with necessities, like food and water. They learn to maneuver without maps, and they find ways to build themselves shelter for the night.**



# CAMPING TIPS



## 10 useful tips for Camping

1. Plan Ahead
2. Know Surrounding Area
3. Share Itinerary with people back home
4. Plan for navigation (without cell service)
5. Stay Organized
6. Plan for the unexpected
7. Be mindful of other campers around you
8. Pack the luxury items (pillow, coffee, games, etc.)
9. Pack **OUT** your trash
10. Try to disconnect



# HOW TO SELECT A CAMPSITE



## Must haves:

- **Close proximity to a water source**
- **200 ft away from ponds or lakes**
- **Wind break (to prevent damage or cold)**
- **No hazards (rock falls, flash floods, dead trees, high tide, avalanches)**
- **Level (or fairly level)**
- **Clean (free of stones, broken branches, tree roots)**
- **Smooth (not compacted or dished out)**
- **Set away from hiking and game trails (no animal surprises at night)**
- **Private & quiet (away from other campers)**



# BASE CAMP LAYOUT



# ESSENTIAL GEAR



## Essential Gear for Car Camping

- Tent
- Sleeping Pad & Sleeping Bag
- Headlamp, Lantern
- Kitchen Gear (cooler, propane stove, cast iron pan, water jug, plates\cutlery)
- Small foldable table
- Camp chair
- Med (First Aid) Kit (duct tape, multi-tool)
- Personal items (clothes, toiletries)

# PACKING LIST



## PACKING LIST

- **MEAL SUPPLIES**
  - Stove with fuel, matches, fire starter
  - Utensils
  - Food Storage, trash bags
- **TENT\Bedding\personal items**
  - pad\cot\air mattress, pillow
  - sock\underwear bag
  - Tshirts, short and long sleeve
  - Pants, jacket, bathing suit, sandals
  - Sleeping clothes
  - Hat\sunglasses\toiletries\toilet paper
  - Flashlight, headlamp, pocket knife
  - First Aid Kit, sunscreen, bug repellent
- **Camp Chair**
- **Lantern**
- **Duct Tape, Hammer, Hatchet\Axe**
- **Entertainment supplies**

# WHEN TO CAMP



## WINTER:

- **COLD, SNOW**
- **Need extra planning\prep**
- **Offers a challenge**

## SPRING:

- **Less bugs**
- **Flowers**
- **Less Crowded**
- **Can be cold & rainy**

## SUMMER:

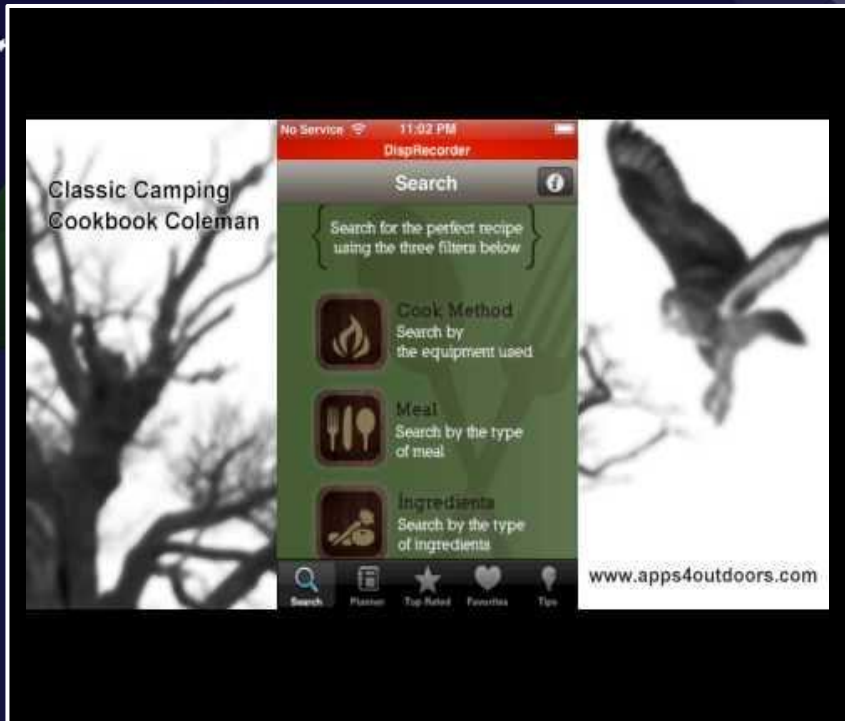
- **Warm**
- **Family friendly**
- **Best for water sports**
- **Really HOT**

## FALL:

- **Changing seasons\colors**
- **Moderate temps**
- **Less bugs**
- **Campsites less busy, prices drop**



# CAMPING APPS



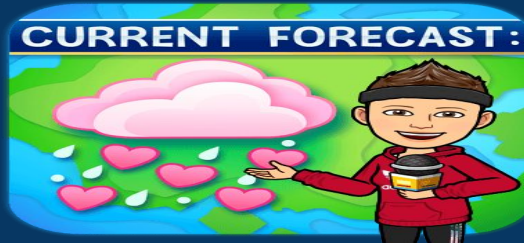
## Camping Apps

- Flashlight
- First Aid
- Camping List
- MyNature Animal Tracks
- GeoCaching
- Camera Bag
- TomTom Navigator
- MyCast Weather Radar
- AccuWeather
- StarGazing
- Sun Seeker Tracks the Sun
- iHandy Level
- Survival Guide
- Spyglass Compass
- Camping Manual

# PLANNING A CAMPING TRIP



SCHEDULE



WEATHER REPORT



MAPS



PACKING LIST



EXPENSES



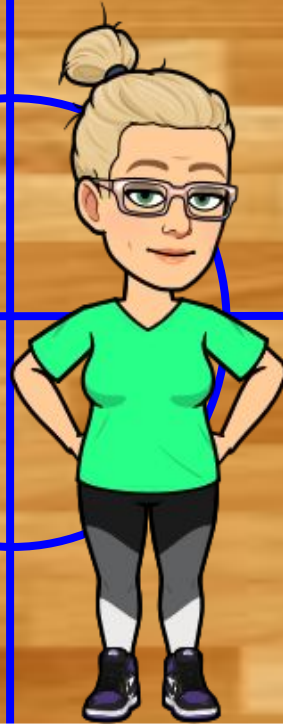
RESOURCES

PLANNING A CAMPING TRIP ASSIGNMENT LINK



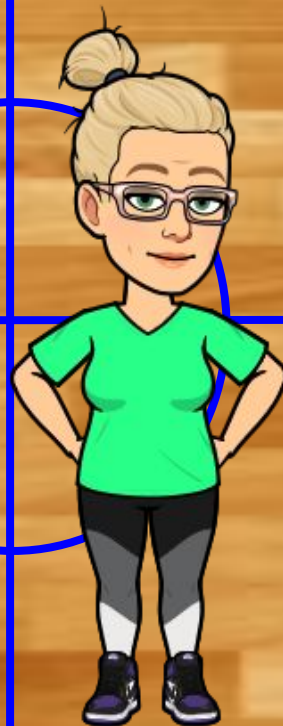
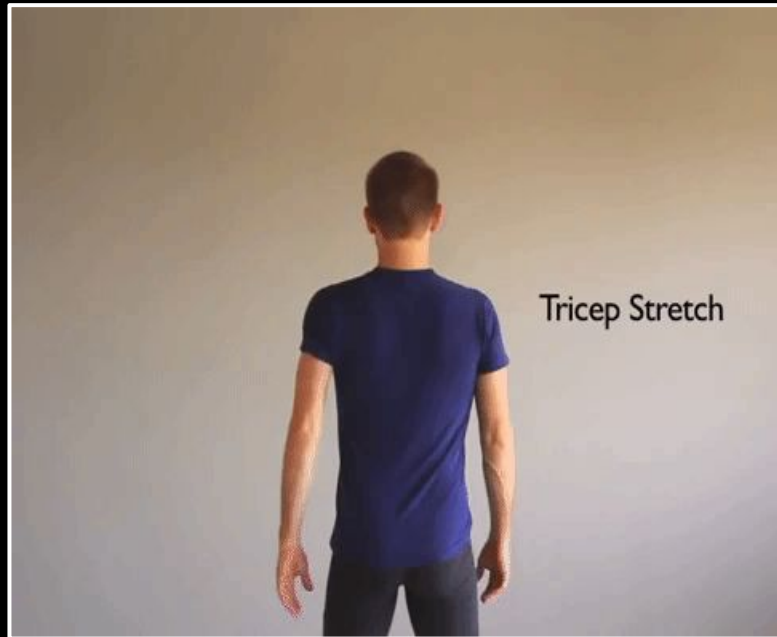
# STATIC STRETCHES

- Static stretching is used as a cool down after rigorous physical activity
- Stay in your personal space to stretch
- Gradually ease into the stretch position
- Hold the stretch for 10 to 30 seconds



**STATIC STRETCHING IS  
HOW WE WILL END  
OUR CLASS EACH DAY.**

# TRICEP STRETCH

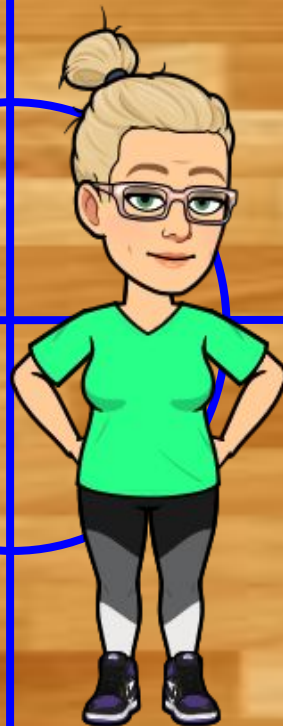


**THE TRICEPS ARE THE MUSCLES THAT RUN ON THE BACKSIDE OF YOUR UPPER ARM FROM YOUR SHOULDER TO YOUR ELBOW**



**OUTDOORS  
TOMORROW  
FOUNDATION**

# DELTOID STRETCH

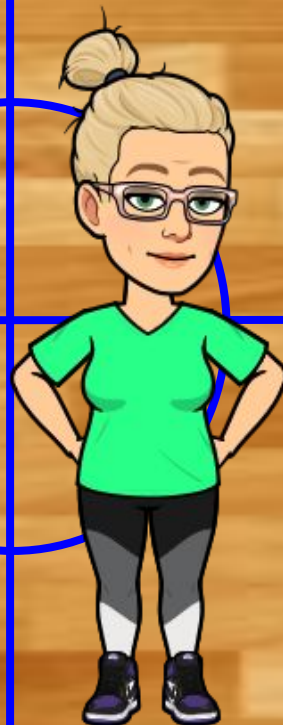


**THE LATERAL DELTOID  
ALLOWS YOU TO RAISE  
YOUR ARM, THE  
POSTERIOR DELTOID  
ALLOWS YOU TO ROTATE  
YOUR ARM.**



**OUTDOORS  
TOMORROW  
FOUNDATION**

# PECTORAL STETCH

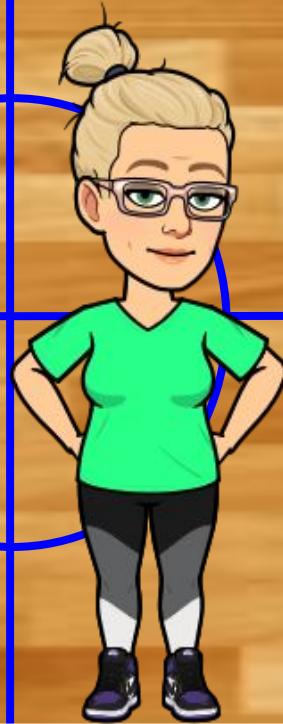


**THE CHEST IS MADE UP OF THE PECTORAL MAJOR AND PECTORAL MINOR MUSCLES.**



**OUTDOORS  
TOMORROW  
FOUNDATION**

# TRAPEZIUS STRETCH



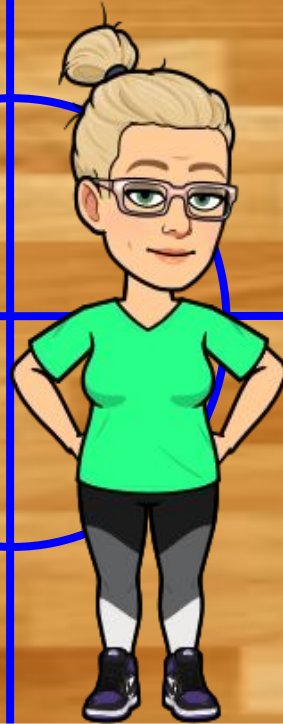
**THE MAIN JOB OF THE TRAPEZIUS MUSCLE GROUP IS TO HELP YOU IN PULLING AND LIFTING LOADS.**

# HAMSTRING STRETCH

Howcast.com



## STANDING

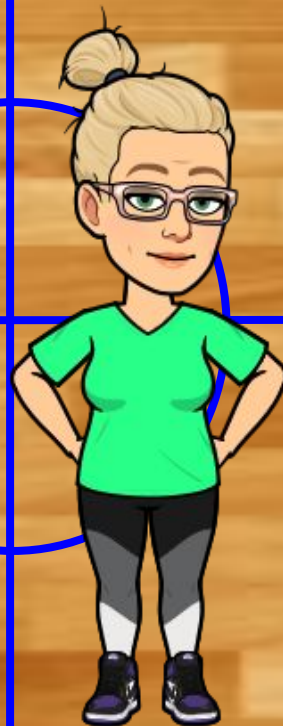


**THE HAMSTRING  
MUSCLES ENABLE YOU TO  
EXTEND THE HIP JOINT  
AND FLEX THE KNEE!**



**OUTDOORS  
TOMORROW  
FOUNDATION**

# HIP FLEXOR STRETCH



**ILIOPSOAS (HIP FLEXOR) MUSCLES ENABLE YOU TO MOVE YOUR THIGH TOWARDS YOUR STOMACH AREA.**



**OUTDOORS  
TOMORROW  
FOUNDATION**

# QUADRICEPS STRETCH



STANDING



**THE QUADRICEPS  
CONSIST OF FOUR  
MUSCLES ON THE UPPER  
LEG. THESE MUSCLES  
WORK TOGETHER TO  
HELP EXTEND THE KNEE  
AND FLEX THE HIP.**



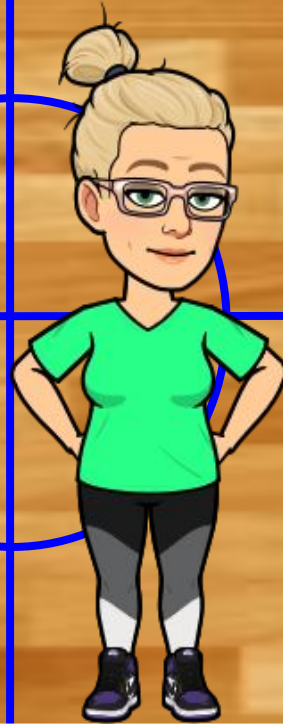
**OUTDOORS  
TOMORROW  
FOUNDATION**



# GASTROCNEMIUS STRETCH

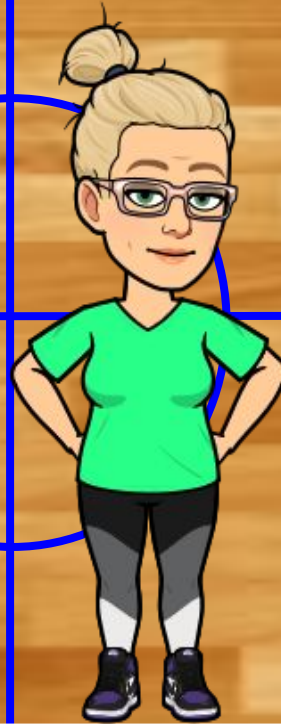


## STANDING



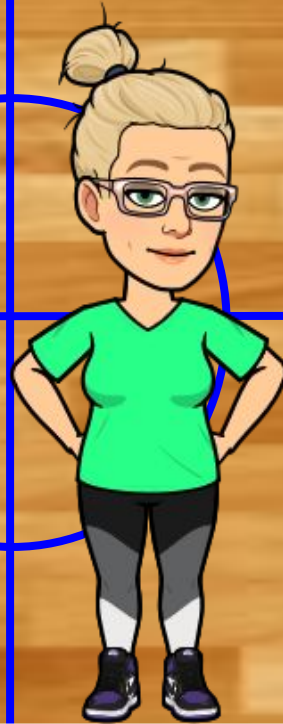
**THE CALF IS MADE UP OF  
THE GASTROCNEMIUS  
AND SOLEUS MUSCLES.**

# ABDUCTOR STRETCH



**THE HIP ABDUCTOR ARE MUSCLES THAT WORK TOGETHER WITH LARGER MUSCLE GROUPS IN SQUATS AND LUNGES. THIS STRETCH PLACES SPECIFIC FOCUS ON THE ABDUCTORS.**

# ADDUCTOR STRETCH



**THIS IS ALSO KNOWN AS  
THE BUTTERFLY  
STRETCH!**

**MOVING SLOWLY IS THE  
KEY!**

# EXIT TICKET



**EXIT  
TICKET**



- **Have you ever been camping?**
- **What is one thing you need to consider when choosing a campsite?**