

The Watershed School - Outdoor Skills Curriculum

K	1	2	3	4	5	6	7	8
SAFETY AND SURVIVAL								
Follow Watershed "No Child Left In the Woods" procedures								
Wear appropriate clothing for the conditions and activity following with adult guidance.			Develop independence in preparing for outings by wearing/packing appropriate clothing and gear for the conditions and activity.			Independently generate gear, dress, and pack according to conditions and activity		
Develop preventative habits and awareness of: frost nip/frostbite, hypothermia, blisters, dehydration, fatigue, etc.								
Moose/wasp safety, stay in a group and on developed path	Moose safety drills, recognize signs of wildlife, stay in a group, whistle use		Wildlife safety: bears, moose, etc. Preventing encounters with wildlife; behavior in case of encounter; recognizing signs of wildlife/maintaining alertness					
Campfire safety (marshmallows, distance, flammable clothing, speed, sticks in fire)					Fire safety, start a fire, build a fire to perform a task, properly extinguish campfire			
					Build one match fire		Start fire with flint and steel	
					Cold Water Safety		Cold Water Safety refresher	
					First Aid and CPR certification and refresher			
					Build snow shelters with supervision and understand the benefits and dangers of emergency shelters.			
					Hunter Education certification			

LAND ETHIC/RESPECT/LEAVE NO TRACE								
Leave no trace: toilet paper/cat holes, picking up trash, (pack it in, pack it out) etc.								
Respect of flora and fauna: leave live trees/plants alone, only pick up fallen trees/plants unless for science study/teacher guidance, keeping proper distance from wildlife, food storage/disposal								
Stay on the trail: no cutting switchbacks, etc.								
					Minimize campfire impact			

CAMPING									
Duration: 1 night in schoolyard		Duration: 2 nights			Duration: 2 nights			Duration 2-6 nights (includes winter camping)	
Use school tents		Properly set up, take down, and care for school tents					Pick a safe and appropriate camp site location, string a tarp		
Pack according to gear list				Pack according to gear list and make safe/smart clothing decisions.					
Campfire safety				Start fire, campfire safety					
Develop and practice camp duties/chores: preparing food, cooking, cleaning, etc.						Lead/perform camp duties and chores			
						Properly filter safe drinking water			

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SKIING								
Classic Technique, gaining familiarity and confidence with skiing.								
Distance: 2+ miles	Distance: 3+ miles		Distance: 5+ miles		Distance: 7+ miles		Distance: 12+ miles (backcountry)	
School provides fish scale skis	Adults/older students apply kick wax to skis for students		Students learn to apply kick wax to their skis		Students independently wax their own skis			
Falling and getting back up, developing balance, athletic position, classic stride, herringbone (uphill) and snowplow (downhill). No poles.			Continue development and refinement of classic stride, herring bone, step turns, hockey stop, stepping out of tracks. Poles used: proper grip/technique, double pole, kick double pole					
Put on/take off gear (with some help)	Independently put on ski boots and skis		Independently dress for the weather conditions and activity					

HIKING		
Progressive development of stamina, safety/awareness, and ability navigate increasingly challenging terrain		
Distance: 3+ miles	Distance: 8+ miles	Distance: 10+miles
Be able to follow guidelines to pack day packs/camping packs appropriately: water, food, layers, etc.		Independently pack a daypack appropriately: water, food, layers, etc.

BIKING		
Skills: Braking, riding in a group, helmet use/fit, basic bike maintenance and repair (change/patch tire, lube chain, adjusting seat height). Traffic safety		
Distance: 8-16 miles (Ester, Tanana Lakes)	Distance: 32 miles (Polychrome Pass)	Apply skills learned in 5 th and 6 th grade on class biking field trips.

SWIMMING	
Pool setting to pass swim team test: tread water; 50m swim, back float, PFD use	Swimming skills applied outdoors

BOATING (Canoe and Kayak)
Paddling strokes, steering, getting in/out of a canoe, navigating a body of water, PFD use