

1ST GRADE-EARLY LEARNERS EXERCISE TRAIL

SIOUX COUNTY CONSERVATION BOARD

PRAIRIE WOODS NATURE CENTER

What students should

bring:

Tennis shoes or hiking boots

Water bottle for drinking water
(optional)

Weather-appropriate clothing

What teachers should

bring:

First aid kit, Kleenex, hand
sanitizer

One or more adult for every
6-10 children

Sunscreen/bug spray (optional)

Contact for scheduling:
Assistant Director/
Environmental Education
Coordinator
Sunday Ford

Field trip leaders
Sunday Ford
sundayf@siouxcounty.org
712/551-6780
Sarah Davelaar
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712/551-6715

Field Trip Overview

This is an active field trip, designed to get kids moving. Students will take turns leading the group on the trails and mimicking animal movements. This is followed by Animal Olympics in the afternoon.

Suggested Field Trip Itinerary

9:30 Arrive at Prairie Woods Nature Center, gather outdoors for hike. **OR** Use east student entrance and head to basement classroom to get organized

9:30-11:00 Divide into groups of 6-10 for hike, with one adult assigned to each group. Hike at Oak Grove Park with nature obstacles such as hills, balancing on logs, jumping water areas, climbing rocks etc.

11:00-11:45 Lunch and free time in campground.

12:00 Gather in basement classroom, divide into 20-minute stations.

Stations: Animal Olympics!

12:15-12:35

12:40-1:00

1:05-1:25

1:30-1:50

2:00-2:30 live animals or game and clean classroom

Standers met by field trip on next page.



Iowa Core and NGSS met by this Field Trip

21.K–2.HL.5 Essential Concept and/or Skill: Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Activity: On our hike we will discover just how much fun a walk on the trails can be. Hiking is a live long activity you can do at any age-and while you are young is the best time to take advantage of it!

***1–LS1–1 Use materials to design a solution to a human problem by mimicking how plants and/or animals use their external parts to help them survive, grow, and meet their needs.**

Activity: During animal Olympics, we will see how animals use their external parts to help them survive in the wild. By us studying them and trying them we may discover secrets to some of their secrets to their success and apply it to our own lives!