

Spruce Lake Outdoor School

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Curriculum Guide

Adventure Scavenger Hunt (ASH)

Small teams of students and adults will work together in this fun nighttime search for clues, all in the effort to gain the most points! The clues will require the team's use of nature knowledge, logic, outdoor skills, the Bible, compasses and more.

1 activity period (1½ hours)

Evening

Archery (ARC)

grades 7-12

Outdoor Skills

Students become familiar with the bow and arrow and how to practice safe archery shooting skills. They will learn about the parts and functions of the bow and arrow and practice shooting in a safe, controlled environment.

1 activity period (1 ½ hrs.)

Basic Compass (BC)

Outdoor Skills

The compass is an instrument that uses Earth's magnetic field to determine direction. Students become familiar with compass parts, compass handling and taking bearings. They practice their skills in fun exercises and end with the Unknown Destination Hike.

1 activity period (1½ hours)

Challenge Course (CC)

grades 5-12

Adventure Program

Students will be presented with a series of challenges to solve that teaches them to cooperate in making decisions and achieving objectives. Groups learn to trust, share, encourage, problem-solve, communicate and build community through this mental, physical, emotional and spiritual experience. Emphasis is placed on applying experiences to practical Christian living and relationships. Instructors will select age appropriate challenges for your students.

2 activity periods (3 hours)

Challenge Initiatives (CI)

Adventure Program

Challenge Initiatives are activities that present groups with challenging problems they must overcome by working together using problem-solving, trust, creativity, leadership and following. Applications are made to problem solving in the "real world", attitudes toward each other and biblical principles. Designed especially for groups who are too young or do not have time for the Challenge Course.

1 activity period (1½ hours)

Critter Scene Investigations (CSI)

Animal Life

An exciting class where students will test their observation and analytical skills by examining clues found at specific scenes. Was there a victim? If so, who did it? Can we determine what happened? Conclusions will have to be supported by evidence found.

1 activity period (1 ½ hours)

Climbing Tower (CT)

grades 6-12

Adventure Program

Our 15'x40' tower will allow as many as three participants to climb at one time. Various sizes and types of foot/handholds, along with overhangs and "cliffs" will challenge participants to set and achieve their climbing goals. Each climber is secured by dynamic belay.

1 activity period (1½ hours) • Two instructors needed

Climbing Wall (CW)**grades 4-12****Adventure Program**

Participants will be introduced to the sport of rock climbing. They will be challenged to use climbing skills and balance techniques to scale a vertical wall 18' wide and 40' high. There are up to 3 climbing options which lends itself to varying ability levels. Each climber is secured by dynamic belay and is encouraged to meet personal climbing goals.

1 activity period (1½ hours) * Two Instructors needed

Endangered Species Clue (ESC)**Evening**

This after-dark activity involves small teams of students with adults who attempt to locate hidden clue cards, which will provide information that will determine "who, how, where" regarding the death of the Great Plumed Heron.

1 activity period (1½ hours)

Exploring Animal Habitats (EAH)**Animal Life**

There are many different habitats on Spruce Lake's property where animals can find a suitable home. Each habitat provides the basic necessities for a wide variety of animals. In this class, students will explore these varied areas, recording evidence left by animals.

1 activity period (1½ hours)

Fire-building (FB)**grades 7-12****Outdoor Skills**

Students become familiar with different types of fires and how you will start them. They practice their skills in fun exercises and finish with a culminating activity that will test the skills they have learned

1 activity period (1 ½ hours)

Geo-cache Class (GC)**grades 6-12****Outdoor Skills**

Students will learn how to use a GPS, and then they will be split into teams and go out in search of a series of small clues in different locations.

1 activity period (1 to 1½ hours)

High Ropes (HR-i)**grades 7-12****Adventure Program**

The *High Ropes* (aka *Jacob's Ladder* and *Wild Woozy*) is composed of cables and beams that get increasingly further apart. It puts you to the test of working with a partner to climb the 25-foot ladder, and then step out onto high twin cables. Builds communication, cooperation and trust.

2 activity periods (3 hours) • Two instructors needed

Map and Compass Orienteering (MCO) grades 7-12**Outdoor Skills**

Orienteering is finding one's way (navigating) across known and unknown terrain using a map and/or compass. Students will problem-solve situations using map and compass reading skills (including math), keen observation of the terrain, stamina for walking, and excitement for meeting the challenge. *Basic Compass* recommended. One adult is needed for every 3-5 students on a team.

• **Involves moderate hiking** 2 activity periods (3 hours)

Mountain and Stream Geology (MSG)**Hike**

Both Spruce Mountain and Spruce Mountain Run are typical of the Pocono region. Students will explore the mountain's rock outcroppings, which consist of sandstone and shale in various stages of weathering and erosion. They will also explore a stream, which cuts through this bedrock and contains much observable stream geology.

• **Involves rigorous hiking** 2 activity periods (3 hours)

Pond Community (PC)

This class introduces students to the major characteristics, inhabitants and dynamics of the pond. Students will collect a variety of pond organisms, recognize the relationships that exist among organisms, and learn how these animals meet their basic life needs within this community.

- **Bring old shoes or boots** 1 activity period (1½ hours)

Aquatic Communities**Indoor Power Swing (PS)**

Each participant is harnessed and attached to a rope, then pulled by their teammates. When released, the rider swings in large arc downward, then up toward the heights again! Like a pendulum, the rider will eventually slow down, and then dismount.

1 activity period (1½ hours)

Adventure Program**Probing the Night Realm (PNR)**

Students are led into the night forest through sensory experiences, group demonstrations and discussions on nocturnal conditions. By exploring the forest at night, students can develop an awareness of the nocturnal animal world and see the forest in a different way. **** Group size 12-25pp**

1 activity period (1½ hours)

Evening**Reptiles and Amphibians (RA)**

Students learn about the characteristics of reptiles and amphibians by observing both living and preserved specimens. Various hands-on activities stress the differences and similarities of these animals.

1 activity period (1½ hours)

Animal Life**Skulls and Skins (SKS)**

Much can be learned about an animal's life-style by observing its skull and skin characteristics. This activity involves hands-on learning of the features of animal skulls and skins. Students will identify common mammal skulls by using a key and will observe various pelts.

1 activity period (1½ hours)

Animal Life**Sling Shots (SS)**

Students become familiar with the slingshot and how to practice safe shooting skills. They will learn about the functions of the slingshot and practice shooting in a safe, controlled environment.

1 activity period (1 ½ hrs.)

Outdoor Skills**Spruce Forest Hike (SFH)**

This forest hike introduces students to God's creation. Students will observe and experience at least 4 different forest communities while hiking along our trails. The class will focus on the vertical levels of the forest, diversity in the forest, and the components of the different communities. This is a hike that does not have an elevation change.

- **Involves moderate hiking** 2 activity periods (3 hours)

Hike**Spruce Mountain Hike (SMH)**

This rigorous mountain hike introduces students to God's creation. Students will observe and experience plants, animals, natural forces, rock outcroppings, waterfalls and a spectacular view of the Pocono region. The hike is 2-2.5 mile loop.

- **Involves rigorous hiking** 2 activity periods (3 hours)

Hike**Survival Ecology Game (SEG)**

Here students have a chance to experience firsthand what it is like to survive as an animal. This game dramatically illustrates the effects of the natural community, diversity of producers and consumers, human influences, disease and physical elements on animal populations. Participants are given a role in the food chain, live out their roles in the "wild" and process their experience as an animal in a post-game discussion.

- **Running required** 2 activity periods (3 hours)
- Requires at least 21 participants

Animal Life

Vertical Playpen (VP) grades 7-12**Adventure Program**

The Vertical Playpen is an unconventional climbing experience that will allow two partners to work together while providing a variety of difficulty levels. Partners will climb and cross a series of elements involving logs, ropes, cargo nets, and tires while moving successively upward. The goal is to reach and stand on a 2 by 6 foot platform suspended by wires 34 feet in the air!

- 2 activity periods (3 hours)
- Two instructors needed

Waterfall Hike (WFH)**Hike**

This hike introduces students to God's Creation. Students will observe and experience the local forest community and its components while hiking along Spruce Mountain Run to a waterfall.

- **Involves moderate hiking**
- 1 activity period (1½ hours)

Woodland Swamp (WS)**Aquatic Communities**

Students are led into a wetland area characterized by moist-habitat trees, fallen tree remains, deep mucky pools, sphagnum moss, spongy root systems, rich soils, fungi and evidence of animals. Students will discover the relationships within a swamp and the importance of wetlands.

- **Bring old shoes or boots**
- 1 activity period (1½ hours)

Zipline (ZL) grades 7-12**Adventure Program**

Two riders can leave the platform deck simultaneously to fly approximately 500 feet to an eventual stop at the corner of the parking lot below Spruce Lodge. At the peak height of descent, riders will be approximately 50 feet in the air.

- **70 - 240lb weight limit**
- 1 activity period (1½ hours)
- Two instructors needed

Zipline 2 (ZL2) grades 8-12**Adventure Program**

An exciting study of the physics of velocity and momentum on the zipline. Participants collect data from each other's descent and compute their speed during class time. This activity is a great application of the laws of motion and a fun activity.

- **70- 240lb weight limit**
- 2 activity periods (3 hours)
- Two instructors needed