

Gould Lake Outdoor Centre

KINDERGARTEN or GRADE 1

Primary Eco-Adventure (Pond Study and Hike)

GRADE 2

Hide and Seek (Growth & Changes in Animals and Mapping Activity)

GRADE 3

Soiling Your Plants (Choose 2 of the following: Plants or Soils or Mapping Activity)

NEW **Busy Beaver** (Beaver Activity and 1 of the following: Plants or Soils or Mapping Activity)

GRADE 4

Habitats Rock (Rocks & Minerals and Species at Risk)

GRADE 5

The Avengers (Structures & Fire Building and Team Building or Survival)

GRADE 6

Voyageur for a Day (North Canoe and Visit our Voyageur Cabin)

No 'I' in Team (North Canoe and Team Building)

No 'I' in Pond (Pond Classification and Team Building or Survival)

GRADE 7 or GRADE 8

Can-You-Canoe (Introduction to Canoeing)

Lost and Found (Choose 2 of the following: Orienteering or GPS or Survival)

Too Cold for a Swim (Team Building, Hike and Cookout Lunch)

GRADE 8

Kayaking 101 (Kayak and Hike)

ALL GRADES

NEW **Cookout Adventure** (Hike, Cookout Lunch and Games)

SECONDARY SCHOOLS

Contact our office to see what program(s) would best suit your class.

For split grade classes, the Gould Lake Outdoor Centre is able to mix and match parts of our grade-specific programs to suit your curricular needs.

For early fall and late spring, feel free to book in time for a swim. We have NLS lifeguards on staff that would be happy to supervise swimming at the beach or dock.

Please check out <http://www.gouldlake.ca> and follow the links to our school programs. We have begun to compile pre and post visit resources for our programs.

Primary Program Outlines

Primary Eco-Adventure (Kindergarten and Grade 1 – Pond Study and Hike)

Minimum Supervision Requirements: Teacher + 2 Supervisors

Curriculum Reference Grade 1: Characteristics and Needs of Living Things – Science and Technology

Curriculum Reference Grade 1: Daily and Seasonal Cycles – Science and Technology

Curriculum Reference Grade 2: Growth and Changes in Animals – Science and Technology

This introductory program for primary students is highly adaptable and experience driven. Students will be introduced to pond ecology (including food webs and life cycles). Using scoopers, magnifying glasses and picture identification charts, students will scoop and identify creatures from our diverse pond ecosystem. Once we have studied our creatures, we will release the pond life back to their habitat. We will also hike in the wilderness of Gould Lake and get students focusing on the diverse environment that surrounds them. Our instructors are knowledgeable and flexible and will choose elements of ecological interest and play games which are age and class appropriate.

Hide and Seek (Grade 2 – Growth & Changes in Animals and Mapping Activity)

Minimum Supervision Requirements: Teacher + 2 Supervisors

Curriculum Reference Grade 2: Growth and Changes in Animals – Science and Technology

Curriculum Reference Grade 2: Canada and World Connections – Social Studies

This program will begin by focusing on growth and changes in creatures living in our pond. Students will scoop to learn the various locations, habitats and life cycles of our invertebrates. A portion of the day is based at our tepee, learning about Gould Lake's larger animals and giving students a first-hand example of Aboriginal history. Students will participate in our animal treasure hunt, which gets students using a map to locate clues. Using their clues, students must determine their animal. Students will also get an opportunity to be involved in a show and tell of animal furs and skulls, make animal track castings and go for a hike focused on Gould Lake's animal habitats.

Soiling Your Plants (Grade 3 – Choose 2 of the following: Plants or Soils or Mapping)

Minimum Supervision Requirements: Teacher + 2 Supervisors

Curriculum Reference: Growth and Changes in Plants – Science and Technology

Curriculum Reference: Soils in the Environment – Science and Technology

Curriculum Reference: Visual Arts – The Arts

This curriculum driven program takes students on a hike of the Gould Lake Canadian Shield to identify and see how different features of plants help them to survive. Students will observe and investigate a wide variety of local plants, from trees to mosses in their natural environment. Students will also collect and study various Canadian Shield soils. Investigations will include: determining soil composition, permeability, appropriate use, organisms living within the soil, and the importance of soil within an ecosystem. There is also an optional mapping program where students will learn to draw maps and take part in an outside treasure hunt that is linked to the morning curriculum.

Busy Beaver (Grade 3 – Beaver Activity and 1 of the following: Plants or Soils or Mapping Activity)

Minimum Supervision Requirements: Teacher + 2 Supervisors

Curriculum Reference: Growth and Changes in Plants – Science and Technology

Curriculum Reference: Soils in the Environment – Science and Technology

Curriculum Reference: Understanding Structure and Mechanisms: Strong & Stable Structures – Science and Technology

Students will hike out to a designated location to learn about North America's largest rodent, the beaver. Students will have an opportunity to see a real beaver lodge and dam and hold real examples of beaver sticks, fur and teeth! The staff will discuss the multiple physical adaptations that allow beavers to function and survive in the wild. Students will then be introduced to a building activity which will require the students to work in small groups to build a model beaver dam in order to stop a flowing stream. The class will then hike back to the outdoor centre where, time pending, they will be introduced to a final group game, "Builders and Beavers". The second half of the day will include a portion of the Grade 3 "Soiling Your Plants" program. Teachers can decide which portion they would like: Plants or Soils or the Mapping Activity.

Junior Program Outlines

Habitats Rock (Grade 4 – Rocks & Minerals and Species at Risk)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Habitats and Communities – Science and Technology

Curriculum Reference: Rocks, Minerals and Erosion– Science and Technology

At Gould Lake, mica and apatite mining was a big industry in the early 1900s, leaving plenty of mines and minerals for students to sample. Our instructors will lead the class on a hike to the various mines, where students will have a chance to search for their own specimens to test and identify. They can classify the various minerals within the Canadian Shield, distinguish between rocks and minerals, and see evidence of the rock cycle in action. Students will also have the chance to take on the role of a *Species at Risk* (animal), or an *Enemy* (habitat loss, over harvester, pollution, climate change or invasive species) or the *Wildlife Officer* who tries to sway the ecosystem's balance in our *Species at Risk* game.

The Avengers (Grade 5 –Structures & Fire Building and either Team Building or Survival)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Forces Acting on Structures and Mechanisms – Science and Technology

Curriculum Reference: Health and Physical Education

This half day program focuses on first-hand experiences of Aboriginal history, including structure and fire building techniques. Students will learn how to make small shelters from the natural surroundings that are able to withstand direct forces. They will also learn primitive fire-making techniques such as flint and steel or bow and drill. In doing so, students will understand the energy required to make a simple fire using these techniques. The second half of the day will either include a variety of Team Building activities and/or our *Survival* game.

Voyageur For a Day (Grade 6 – North Canoe and Social Studies)

Minimum Supervision Requirements: Teacher + 1 Supervisor (*please see note below)

***Due to capacity of our two North Canoes, we are only able to accommodate a field trip roster of 26 people (including students, teachers and supervisors) or less. If this is going to be an issue for your class, please contact our office.**

Curriculum Reference: Social Studies

This program has students learning about the life of the Voyageur, native culture and history. Students will learn to paddle our 24-foot North Canoes. They will paddle down Gould Lake to see if they can live up to the expectations of a Voyageur. At our voyageur trading post, students will bake bannock on an open fire and play a game to introduce them to the concept of fur trading. A practical and fun program that makes Canadian history come alive.

No 'I' in Pond (Grade 6 – Pond Classification and Team Building or Survival)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Diversity of Living Things – Science and Technology

Curriculum Reference: Health and Physical Education

This program will provide an opportunity for students to go to a pond, scoop and identify creatures from the diverse pond ecosystem. This program will have a focus on the process of classification. Our team building program focuses on initiative and group problem solving activities which require students to work together as a team and concentrate on group participation. Our instructors will tailor the program to your class. We have a wide range of activities from very demanding group challenges to games of low organization. . . OR . . . in the *Survival* game, after discussing how "real life" survival situations occur every minute of every day in nature (with no timeouts!), students will become carnivores, omnivores and herbivores dealing with disease, a poacher and fire. They simulate real life food web situations in our special "Survival Area" in this fun and energetic game.

No 'I' in Team (Grade 6 – North Canoe and Team Building)

Minimum Supervision Requirements: Teacher + 1 Supervisor (*please see note below)

***Due to capacity of our two North Canoes, we are only able to accommodate a field trip roster of 26 people (including students, teachers and supervisors) or less. If this is going to be an issue for your class, please contact our office.**

Curriculum Reference: Social Studies and Health and Physical Education

This program focuses on your class working as a team. For part of the day, students will learn to paddle our 24-foot North Canoes, where paddling in unison is a must. We will paddle down Gould Lake to challenge their paddling abilities. The remainder of the day will be filled with a progression of initiative and group problem solving activities which require students to work together as a team and concentrate on group participation. Our instructors will tailor the program to your class. We have a wide range of activities from very demanding group challenges to games of low organization. Possible activities can include: Sword in the Stone, Jamaican Bobsled, Dead Ant Tag, Birthday Line-up, The Rope Swing, Ice Wall, Land Skis, etc.

Intermediate Program Outlines

Lost and Found (Grade 7 and Grade 8 – Choose 2 of the following: Orienteering or GPS or Survival)

Minimum Supervision Requirements: Teacher

Curriculum Reference: Social Science

Curriculum Reference: Interactions within Ecosystems – Science and Technology

The Orienteering Program: Students learn orienteering fundamentals and enjoy the challenge of completing our various courses. Our courses range from beginner to advanced and our instructors can provide a program tailored to suit your class. Optional activities include map drawing, compass use and team orienteering.

The GPS Program: Students will learn the basics of using a GPS receiver. They will work together in groups to learn how to navigate using a GPS unit by participating in a trivia course and then advancing their skills to navigate a wilderness course. The students enjoy learning the pros and cons of the technology behind GPS, and find it both interesting and challenging.

In the *Survival* game, after discussing how "real life" survival situations occur every minute of every day in nature (with no timeouts!), students will become carnivores, omnivores and herbivores dealing with disease, a poacher and fire. They simulate real life food web situations in our special "Survival Area" in this fun and energetic game.

Too Cold For a Swim (Grade 7 and Grade 8 – Team Building, Hike and Cookout Lunch)

Minimum Supervision Requirements: Teacher

Curriculum Reference: Health and Physical Education

The focus of this program is to get students working together as a team and concentrate on group participation. The day will begin with an hour-long hike and will take us to a lunch spot where we will have a cookout lunch on open fires. The hike will be geared in length and difficulty to the ability of the group. The students will get a chance to build their own fires and prepare their meal in **small groups of 4-6 students**. After cleaning and packing up from lunch, we will hike back to the barn. Upon returning to the barn, students will participate in a variety of initiative and problem solving activities (which will be tailored to the class). We have a wide range of activities from very demanding group challenges to games of low organization. Possible activities can include: Sword in the Stone, Jamaican Bobsled, Dead Ant Tag, Birthday Line-up, The Gauntlet, Land Skis, the Ice Wall, etc.

Can-You-Canoe (Grade 7 and Grade 8 – Introduction to Canoeing)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Health and Physical Education

Upon arrival, our instructors will be fitting the students with PFDs and paddles, introducing canoe strokes, carries and canoe safety. Without further ado, students are taken onto the lake to practice their skills. Before noon, students collect their lunches and belongings and head out for a trip down the lake to a lunch spot. After lunch, they are able to continue the canoe trip to other parts of the lake, or they may play canoe games that are sure to please all students.

***If your students wish to swim during the day, please ensure you have included this on the student permission form. We have staff with the necessary certification so students can swim.**

Kayaking 101 (Grade 8 – Kayak and Hike)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Health and Physical Education

Our instructors will fit students with PFDs and paddles, introduce kayak strokes, carries and kayak safety. Half of the class is then taken onto the lake to practice skills, play games and paddle to the lunch spot. The other half of the class will go on a hike to the lunch spot. After lunch, the groups will switch and those who haven't kayaked will do so. The kayaks that students use are very stable and if students happen to tip over, safe exiting of the kayak is easy. No spray skirts are worn. Students must have sturdy footwear for the hiking portion of the day (no flip-flops please). It is recommended that students bring a change of dry clothes for the end of the day as the drips from their kayak paddle will get them wet.

***If your students wish to swim during the day, please ensure you have included this on the student permission form. We have staff with the necessary certification so students can swim.**

Additional Program Outlines

Cookout Adventure (All Grades)

Minimum Supervision Requirements: Teacher

Curriculum Reference: Health and Physical Education

The schedule for the day begins with lessons on fire building, tracks and scat, and flora and fauna. This is followed by a quick snack and bathroom break before heading out on a hike. The hour-long hike will take us to a lunch spot where we will have a cookout lunch on open fires. The hike will be geared in length and difficulty to the age and ability of the group. The students will get a chance to build their own fires and prepare their meal in **small groups of 4-6 students** (each group should have an adult supervisor). After cleaning and packing up from lunch, we will hike back to the barn, and if time, we will play a variety of games which are age and grade appropriate.

Experience Camping/Canoe Trip (Grade 7 or 8)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Health and Physical Education

In 2009, Gould Lake Outdoor Centre began helping to facilitate canoe/camping trips for grade 7 and 8 classes. Working with interested schools, the Gould Lake office assists with the paperwork, staffing and logistics for their wilderness experience. We have run trips anywhere from a single overnight to 3-night canoe trips. Gould Lake provides all the necessary gear for the canoe trip. This includes: canoes, paddles, PFDs, tents, packs, tarps, stoves (if necessary), water purification as well as make arrangements for the drop-off and pick-up of the canoes. A great way to way to start or end a school year and a great way to bring a class together.

***Please note that this program is not part of our quota programming. Gould Lake will work with schools to provide the lowest cost possible to provide a safe and successful experience.**

Kayaking 2.0 (Secondary)

Minimum Supervision Requirements: Teacher + 1 Supervisor

Curriculum Reference: Health and Physical Education

Our instructors will fit students with PFDs and paddles, introduce kayak strokes, carries and kayak safety. Half of the class is then taken onto the lake to practice skills, play games and paddle to the lunch spot. The other half of the class will go on a hike to the lunch spot. After lunch, the groups will switch and those who haven't kayaked will do so. The kayaks that students use are very stable and if students happen to tip over, safe exiting of the kayak is easy. No spray skirts are worn. Students must have sturdy footwear for the hiking portion of the day (no flip-flops please). It is recommended that students bring a change of dry clothes for the end of the day as the drips from their kayak paddle will get them wet.

***If your students wish to swim during the day, please ensure you have included this on the student permission form. We have staff with the necessary certification so students can swim.**