

## **Night Hike:**

**Description:** By hiking as a group at night students will discover their night vision and learn how nocturnal animals see in the dark. Students will also get a chance to do some star gazing while talking about the effects of light pollution.

**Learning Skills: Responsibility, Self-Regulation**

### **Grade 5- 8: Health and Physical Education**

#### **Overall:**

##### Living Skills:

Personal Skills

Interpersonal Skills

Critical and Creative Thinking

##### A. Active Living

A1. Active Participation

A2. Physical Fitness

A3. Safety

##### B. Movement Competencies: Skills, Concepts, and Strategies

B1. Movement Skills and Concepts

B2. Movement Strategies