Get Up & Move!
Physical Activity
Series 2: October

Moving into Nature! (30-90 minutes)

Items needed for this activity:
• Water
• Watch
• Sturdy hiking shoes
• Scavenger hunt list (pencils or pens)
• Compass
• Map of Trail
• First Aid Kit
• Oh Deer Survival List (optional)

Background information for presenter:
Before planning a nature hike, it is important to get information about potential sites from local park and recreation districts, national wildlife refuges, state and national parks and private landowners.

Planning committees should consider the following before finalizing the details:
• Consider the experience of your group; pick a place that will offer a few challenges, but is not too difficult.
• The purpose of a “Get Up & Move Hike” is to get participants physically active. One option is to identify a less strenuous trail and hike at a brisk rate. If your group is pretty fit and gets regular exercise, you may wish to identify a more strenuous trail that may be located in a more rugged environment.
• Important considerations include knowing where you are going, the fitness level of your group, knowing how long you will be gone, considering what type of clothing is needed, and is there a need to bring food, water, maps, and emergency supplies?
• Remember to build time into your schedule to take rest breaks. It is important that participants not become overly tired and stressed on the hike.
• Take a map and a compass and make sure that you know how to use them.
• Make a list of everyone who is going on the hike and leave a copy of the list with all parents.
• Verify that everyone in the group has permission to participate.
• Plan to take a cell phone – you can turn it off, but have it available just in case of an emergency. Before beginning the hike, you may need to check if cellular service is available in the area of your hike.

Step 1: Information to share with club members (3 minutes)
Hiking on nature trails or in the woods can be a wonderful way to learn about the world around us. Remember if you are hiking by yourself – or with a group – you should always follow this code of ethics:
• Don’t litter; pick up litter left by others.
• Be careful with fire.
• Stay on the trails; avoid shortcuts.
• Respect wildlife; don’t disturb animals or their homes.
• Avoid cutting green trees or damaging plant life.
• Close gates if you open them.
• Ask permission each time before hiking on private property.
• Leave the area as you find it.

Let’s go explore nature!

Step 2: Group Activity (30-90 minutes)
Get Up & Move Hike – NOTE – the time required for this activity can vary greatly – depending on what type of trail you select and what type of time you have available for the activity.

As you prepare to begin the hike, confirm that everyone is comfortable with the length and anticipated activity level. Also check that everyone has the supplies or resources that the planning committee identified as necessary for the hike. Note: these items will vary depending on the planned hike.
Optional Hike Activity – While we are hiking today, we want to make sure that everyone is using all of his or her senses. We have created a scavenger hunt list for our hike. You can work alone – or with a partner. To make sure that we don’t disturb nature, we won’t be picking up items and bringing them out of the woods (except for one item – which is any item of litter). Today you are going to focus on looking, listening, smelling, and feeling things. Make sure you hold on to your list – we don’t want to lose it and create litter on the trail.

Step 3: Alternative Group Activity (15 minutes)

Oh Deer – Today we are going to be involved in an activity that will have us up and moving while we learn how food, shelter, and water are essential for survival of wildlife in a woodland.

I’ve marked off two parallel lines on the ground that are 10-20 yards apart. This is our “Habitat” area. First, everyone needs to count off by fours. Be sure to remember your number.

- All the ones should line up on one line – they are the DEER. (Point to a line).
- All of the other numbers (twos, threes, & fours) should line up on the other line. (Point to the other line).
- To begin, the twos are FOOD. They should put their hands on their stomach.
- The threes are SHELTER. They should put their hands on their head.
- The fours are WATER. They should put their hands over their mouth.
- Before we start, the deer need to decide what they are going to be searching for – food, shelter or water. Deer need these things to survive. When a deer is looking for FOOD, it will put its hands on its stomach; when it is looking for WATER, it will put its hands over its mouth; when it is looking for SHELTER, it will put its hands on its head.
- The game is played in rounds. The first round is the ONLY round when we tell you what you will be. Before each of the following rounds all players must decide what habitat component they will be or what they’ll be looking for. Once the round begins they may not change.
- To begin each round, players stand on their line – facing away from the “Habitat” area. Once they have their hands in place (with their backs to the playing area, no one can see what sign they are making), count to three. At the count of three, all players turn and face the opposite group, continuing to hold their hand signs clearly.
- When the deer see the habitat component they need, they are to run to it. Habitat components cannot move until a deer reaches them.
- Each deer must hold the sign it is looking for until it reaches the habitat component person with the same sign. Each deer that reaches the habitat component takes the “FOOD”, “WATER”, or “SHELTER” back to the deer side of the line. This represents the deer successfully meeting its needs and surviving as a result. Any deer that fails to find its habitat component dies and becomes a part of the habitat. The deer that has died is now a part of the habitat component and is available in the next round as FOOD, WATER, or SHELTER.
- NOTE – a habitat component is only good for one deer, that being the deer that reaches it first. Habitat components MUST STAY on the line until a deer needs them. If no deer needs a particular habitat component that round, it will stay there until the next round. REMEMBER: Habitat component choices may only be changed before a round begins.
- The leader or facilitator should keep track of the number of deer at the beginning of the game and at the end of each round. Record those numbers until you complete 15 rounds of the game (do this at a brisk pace).
- At the end of 15 rounds, gather the players together to discuss the activity. Encourage them to talk about what they experienced and saw.

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Some activities adapted from: Blaze the Trail, 4-H Natural Resources Level 3 Project Guide, University of Illinois, University of Illinois Extension; S’more and More: 4-H Outdoor Cooking and Living Basic Skills Guide, Oregon State University Extension Service; and Oak Woodland Wildlife SERIES Project, University of California, Davis.