

Program Overview: The Lewis and Clark Expedition

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Objective: This project is the result of an initiative to collaborate with the new second grade Social Studies/History curriculum. The first unit of study for second grade History is entitled “Thomas Jefferson”. After visiting a classroom and listening to an introductory lesson about the Lewis and Clark Expedition, we decided to design our own expedition through physical education. This project or unit of instruction integrates skills from Reading and Language Arts, History/Social Studies, and Math.

Grade Levels: Designed for second grade but recommended with possible modifications for grades 1-5.

Skills and Concepts: Teambuilding, Problem Solving, Strength, Balance, Endurance, Agility, Speed, Concentration, Word and Number recognition, Addition, and Cooperative Learning.

Description of Idea: Students will participate in a four – five day adventure to stimulate the Lewis and Clark expedition. Our project involved three physical education teachers, one teaching associate, and all of our facilities. Students work in groups of three and determine their role (Lewis, Clark or Sacagawea). Once the expedition is introduced, students gather supplies and set out on their journey to try and log 8000 steps. Lewis and Clark logged close to 8000 miles exploring eleven states. We researched the actual expedition and correlated the physical activity challenges to each state. (Attachment)

Key Concepts: Students were able to understand the role of each explorer as they completed the challenges. We filled their buckets with props and “trade” for the Indians. At times, the teachers gave students a souvenir, or students gave the teacher a needed “supply”. Students wore pedometers, and logged steps on their charts. (Attachment) The expedition continued throughout the week, with different stations (states) open each day. (Attachment)

Equipment Supplies: (These are suggestions based on the contents of your PE closet!)

Explorers:

Lewis (*Straw cowboy hat*) Bucket for supplies

Clark (*Straw hat with fake animal fur material added to brim*) - Clipboard with journals/logs

Sacagawea (*Dream catcher from the Dollar Store for fifty cents each*) – Map (Attached)

Pedometers

Pencils

Teachers: (We wore headgear like the explorers for the entire week – Raccoon hat, Cowboy hat with fake fur, and an Indian Headdress)

Cones (to display individual state challenges)

Hoola Hoops

Noodles

Rubber animals

Rubber rings

Jump Ropes

Speed Stacks (To Build a Fort)

Small exercise mats (Fort)

Bosu trainers or turtles

Souvenirs (optional – we did lots of pretending here – a rock could be a ball, see suggestions for each state)

Indian feathers

Bandanas

Tennis balls

Clear stones (craft stores)

Pipe cleaners

Noodlettes

Notes for Oregon – Attached is a template (animals.doc) that serves as a sample for the memory game in Oregon. Make several compass cards (compass is the front) with different categories of plants, animals, or tribes on the back. Lewis and Clark were famous for their classification system during the expedition. Refer to http://www.nationalgeographic.com/lewisandclark/resources_discoveries.html to pick names of plants, animals and tribes. Lay them out on the floor and each team much try to find their specific category....Team A – runs to search for plants names...Team B – runs to search for animal names..Team C searches for tribes.....collect cards throughout the time limit and place in a hoola – hoop. Record on clipboard upon completion.

Notes for Scavenger Hunt – We play a “touch” game. Students had a list of items to search for in each state (this is our outside field/recess space). As a team, students find the item, touch it, then come back to get a check off from a teacher. The team must travel together to get the check for credit! Every time they came for a check we gave them a souvenir for their bucket. They also logged many, many steps!