

2020

## Lesson 7: Plan Your Ride



Course	Unit	Objective of lesson:	Estimated Time Frame
Outdoor Adventures	<b>Bikepacking</b>	The student will learn the basic logistics of planning a bikepacking trip. The student will learn where to find riding trails and routes opportunities. The student will learn the difference between loop and thru routes.	45 minutes
TEKS/Student Expectations		Materials Needed:	Resources/Web links:
<b>TEKS 116.53 The student is expected to:</b> <b>1 (B) demonstrate</b> understanding of the rules, skills, and strategies of an activity and can apply them appropriately. <b>2(C) identify</b> correctly the critical elements for successful performance within the context of the activity. <b>3(A) analyze and compare</b> health and fitness benefits derived from participation in adventure/outdoor education activities. <b>4(A) identify and apply</b> the health-related fitness principles to outdoor activities <b>4(D) explain and follow</b> safety procedures during adventure/outdoor education activities. <b>4(F) design</b> safe and appropriate practices/procedures to improve skill in an activity.		Computer with internet access and projector  Riding Trail Map (if possible)  Bikepacking Trip Planning Logistics worksheet	PBS: Outside with Greg Aiello: Bike Packing 26:47 <a href="http://www.pbs.org/video/3003962805/">http://www.pbs.org/video/3003962805/</a>  Bikepacking.com Complete Guide to Planning <a href="http://www.bikepacking.com/plan/route-planning-guide/">http://www.bikepacking.com/plan/route-planning-guide/</a>  Bikepacking routes <a href="http://www.bikepacking.com/bikepacking-routes/">http://www.bikepacking.com/bikepacking-routes/</a>  RideWithGPS <a href="https://ridewithgps.com/find">https://ridewithgps.com/find</a>  Types of routes <a href="http://www.bikepacking.com/bikepacking-101/where-to-bikepack/">http://www.bikepacking.com/bikepacking-101/where-to-bikepack/</a>

## Learning Experiences:

### Day 7

#### Warm-up/Bellringer:

Journal: Write a short story about your most memorable trip. Why was it your most memorable?

#### Cardiovascular Component:

**Core Strength Workout:** 6 minute Core Training for Mountain Biking (7:44) <https://youtu.be/HGKocQM6xbA>

6 exercises. 40 sec. on 20 sec rest for each exercise. Jumping Jacks, Body wt. squats, Alternating Press-up and heel lift, Alternating back extensions, Salamander, Burpees. Water break, repeat

#### Activities: Outline of class discussion for lesson seven.

Ask students to share their most memorable trip with the class.

1. What are some trip planning logistics? Ans. How much time do I have? How far do I want to travel? How far do I want to ride?, Where do I want to go? How will I get there? How much money do I have to spend? Will I need any permits? What will I eat and drink along the way? What gear will I need?, etc.
2. Explain to students that to get started you have to pick a destination: find a trail that fits your skill level. Know the trail type and distance. How many miles will I need to ride each day? Get a trail map, study it and know locations of campsites, water sources, type of terrain and other points of interest. Know what to expect! Have a plan and stick to it. Have a contingency plan. What situations may arise that would cause you to change your plan? Ans. bad weather, injury, illness, trail closure, etc. BE PREPARED! Check the weather before you leave.
3. Discuss resources to use to find places to ride: Trail books, websites, local bike shop.
4. Explain the 2 different categories of routes: 1. The Loop route- start and stop at the same spot; 2. The Thru route- you start and end at different spots sometimes called point to point. (need a shuttle to get back to the start).
5. Discuss the different types of trails: 1. single-tracks- (mountain bikes) very narrow, about the width of the bike 2. Double-tracks- fire roads, wide dirt paths. 3. Gravel
6. Student Activity: Have students work in small groups to complete the planning logistics worksheet for a weekend bikepacking trip.

#### Additional Activities:

1. To reinforce this lesson, show PBS video “Outside with Greg Aiello: Bike Packing” 26:47 <http://www.pbs.org/video/3003962805/>  
Excellent video that travels along with two cyclists on their trip through the Sierra Nevada Mountains.

#### Vocabulary

Singletrack, doubletrack, route, trail system, loop route, thru route, trailhead, core, point to point

Formative Assessments:	Summative Assessments	Suggested Modifications	Enrichment/Distance Learning
Group Discussion Active Participation, Teacher observation, Completion of trip planning assignment	Bikepacking Unit Test	Shortened assignment Extended time Peer partners Written notes	Additional online information that will assist with content. Outdoors.org Article: BIKEPACKING GETS YOU ON THE TRAIL WITH A LOAD OFF YOUR BACK <a href="https://www.outdoors.org/articles/amc-outdoors/bikepacking-easy-riders-how-to-tips">https://www.outdoors.org/articles/amc-outdoors/bikepacking-easy-riders-how-to-tips</a> Example of routes can be found at <a href="http://www.bikepacking.com/bikepacking-101/where-to-bikepack/">http://www.bikepacking.com/bikepacking-101/where-to-bikepack/</a> Distance Learning: Have students create a digital poster, brochure, slideshow or written essay on how to plan for a bikepacking trip