



Snowshoeing

Class: Builder | **Category:** Recreation | **Track:** My Self

- ☐ 1. Listen to a brief history of snowshoeing.
 - ☐ a. Where were snowshoes used?

 - ☐ b. Why were snowshoes needed?

 - ☐ c. What animals inspired the design of the snowshoe?

 - ☐ d. What type of snowshoe was/is used in your area?

- ☐ 2. What materials were used to make the first snowshoes? How were they made?

- ☐ 3. Describe safe places to go snowshoeing.

- ☐ 4. Describe what you should wear on a snowshoe hike.

- ☐ 5. Demonstrate how to do the following:
 - ☐ a. Safely carry your snowshoes
 - ☐ b. Put on your snowshoes
 - ☐ c. Fasten your snowshoes
- ☐ 6. Discuss how 1 Corinthians 6:19-20 and Isaiah 40:29-31 relate to physical fitness.
- ☐ 7. Play a snowshoe game, such as Scavenger Hunt, Snowshoe Spelling, Animal Tracking, or Snowbowling.
- ☐ 8. Go on at least a one-mile snowshoe hike with your family or club.