

SUBJECT: Physical Education & Health 4

TOPIC: HIKING (Equipment)

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SEMESTER: 2ND

GRADE LEVEL: 12

WEEK: 10

LEARNING COMPETENCY:

Demonstrate proper etiquette and safety in the use of facilities and equipment (PEH12FH-IIaa-t-12).

HIKING EQUIPMENT

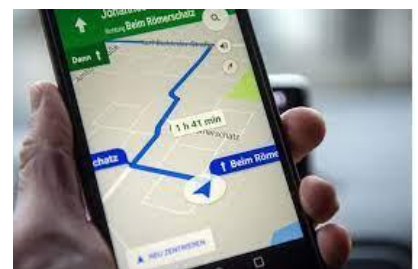
Hiking equipment is the equipment taken on outdoor walking trips. Hiking is usually divided into day-hikes and multiple-day hikes, called backpacking, trekking, and walking tours. The equipment selected varies according to the duration, distance, planned activities, and the environment.

The picture below is an example of the equipment's that we need to use during hiking:



EQUIPMENTS USED FOR OUT DOOR ACTIVITIES

- **NAVIGATION** - is a field of study that focuses on the process of monitoring and controlling the movement of a craft or vehicle from one place to another. The field of navigation includes four general categories: land navigation, marine navigation, aeronautic navigation, and space navigation.



- **SUN PROTECTION (SPF)** - For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your **skin** from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. It can help your body to protect in the sun.



- **INSULATION-** Lighting or illumination is the deliberate use of light to achieve practical or aesthetic effects. Lighting includes the use of both artificial light sources like lamps and light fixtures, as well as natural illumination by capturing daylight.



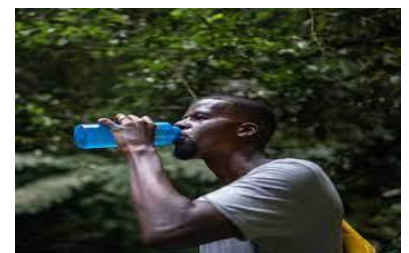
- **FIRST AID KIT-** A **first aid kit** is a collection of supplies and equipment that is used to give medical treatment. There is a wide variation in the contents of first aid kits based on the knowledge and experience of those putting it together, the differing first aid requirements of the area where it may be used and variations in legislation or regulation in a given area.



- **FIRE- Fire** is the visible effect of the process of combustion a special type of chemical reaction. It occurs between oxygen in the air and some sort of fuel. ... Oxygen, fuel and heat are needed for **fire** to occur. This is known as the **fire** triangle. Combustion is when fuel reacts with oxygen to release heat energy.



- **HYDRATION-** Drinking enough water each day is crucial for many reasons: to regulate **body** temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-**hydrated** also improves sleep quality, cognition, and mood.



- **NUTRITION-** Nutrition is the study of how food and drink affects our bodies with a special regard to the essential nutrients necessary to support human health.



- **EMERGENCY SHELTER-** Bivy bags, were originally made for backpackers who needed to carry a really lightweight **emergency shelter**. They're designed to protect one person from the elements. Generally, bivy bags are waterproof which makes them perfect for keeping your sleeping bag dry..



What is Trekking?

Trekking is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery. It usually takes place on trails in areas of relatively unspoiled wilderness."

Why trek?

❖ **There are many reasons why we trek. These are 3 of my motivations:**

1. Nature is beautiful

➤ You will never see the same scene twice in nature. That is only one reason why nature is beautiful. I also think seeing animals and plants in their natural habitats is priceless.

2. Forced disconnect

➤ If I had to willingly turn off my phone for days, I could not do it. Thankfully, most treks take you far from civilization and cell towers. I have found there is nothing like a few days off the grid to recharge your energy.

3. The Journey

➤ Depending on the trek, your adventure may lead you to waterfalls, vistas, or rock sculptures. Even though the destination is beautiful, I believe you truly enjoy your time you must value the journey.

Mission

Activity 10.1

Let's do this!

1. Based on the lessons, why do we need to bring those equipment's during hiking activities? Give at least two (2) paragraph for your answer. (10points)

SUMMARY/SYNTHESIS

Hiking is an activity in which people take multi-day hiking trips through rural, often rugged territory. An encyclopedia describes trekking is a form of walking, undertaken with the specific purpose of exploring and enjoying the scenery. It usually takes place on trails in areas of relatively unspoiled wildernesses.

Hiking means going on a long and difficult journey, especially on foot. Its course often includes journey over mountainous regions and woods. Easy Trekking: The individuals especially the beginners are offered easy treks. Moderates Trekking: Moderates treks are slightly difficult and challenging than easy treks.

REFERENCES

<https://hikertrack.com/what-is-trekking/>
https://www.google.com/search?q=hiking+equipment&sxsrf=ALeKk01b2qwBr3XXXvhvdW8QepnztlFvrw:1625629101940&source=lnms&tbn=isch&sa=X&ved=2ahUKEwjqiKCphNDxAhVNyYsBHUCUB_MQ_AUoAXoECAIQAw&biw=1920&bih=912w.schoolofhealth.com/nutrition-courses/what-is-nutrition/



PHYSICAL EDUCATION AND HEALTH 4
S.Y 2023-2024

Name: _____
Yr. & Sec: _____

Quarter: _____
Teacher: _____

ASSESSMENT- WEEK 10

Test 1. ENUMERATION!

Direction: .List down at least 5 different equipment used in outdoor activities and their function. Each correct answer will get 3 points.

Test II. Venn diagram!

Direction: Give at least 1 similarity of hiking and trekking, and 4 differences. (5 points)

