



**SUBJECT:** Physical Education & Health 4

**TOPIC:** CAMPING (Safety Measure and Benefits)

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**GRADE LEVEL:** 12

**SEMESTER:** 2nd

**WEEK:** 12

**LEARNING COMPETENCY:**

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

What did you observe about the picture? Write your answer below.



<https://www.zenrooms.com/blog/post/camping-in-philippines/>

Answer \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

**What is camping?**

Camping is an outdoor activity involving overnight stays away from home in a shelter, such as a tent or a recreational vehicle. Typically participants leave developed areas to spend time outdoors in more natural ones in pursuit of activities providing the enjoyment.

**Camping**

- Tourist activity that consists of sleeping in a portable shelter such as a tent or trailer and traveling with equipment designed for outdoor living.
- Sitting around the campfire is one of the main parts of any camping trip. Keep your fire contained to a fire pit and at least 15 feet away from your tent or camper, trees, and shrubs. Never leave your fire unattended, and keep a bucket of **water** nearby to put out the fire completely before leaving or heading to bed.

**The most common injuries might happen while camping**

- ❖ Wounds & Infections
- ❖ Knee & Ankle Injuries
- ❖ Dehydration
- ❖ Burns
- ❖ Blisters
- ❖ Shock

## **Safety measures that are necessary before you plan to go to camping.**

- **KEEP YOUR CAMPING TRIPS SAFE AND FUN WITH OUR LIST OF TIPS FOR SAFE CAMPING.**
- ❖ While camping is an enjoyable activity, there are many tips to ensure your safety during a fun-filled weekend or adventurous week-long trip. Check out the following guide to learn more about how to make the most of your next campaign trip by keeping everyone safe and comfortable.
  1. Choose the right
  2. Shelter and site
  3. Stay up-to-date with the weather
  4. Practice campfire safety
  5. Pack and store food safely
  6. Be aware of allergies
  7. Protect your skin from the sun
  8. Stay hydrated
  9. Watch out for wildlife
  10. Have fun and remain alert

## **What is safety measure in camping?**

**Follow these tips to help ensure your camping trip is safe and enjoyable.**

- ✓ Receive camp physicals and up-to-date vaccinations. ...
- ✓ Know your surroundings. ...
- ✓ Prepare healthy and safe food. ...
- ✓ Avoid wild animals. ...
- ✓ Protect yourself from the sun. ...
- ✓ Avoid water-related illness and injuries. ...
- ✓ Lookout for poison ivy, oak and sumac.

## **10 HEALTH BENEFITS OF CAMPING**

Most people go on camping trips because they're tired of the city or ready for an adventure. Whether you enjoy biking, hunting or any other outdoor activity, camping offers you a way to focus completely on a hobby for a few days without external distractions.

What you might not realize is that camping can help you live a longer, healthier life.

## **If you regularly camp out, you'll enjoy dozens of significant health benefits from:**

### **1. THE FRESH AIR**

When you spend time near a lot of trees, you take in more oxygen. That feeling of happiness that you get when you take your first breath of air at the campground isn't all in your head--well, technically it is, but it's a release of serotonin from the extra oxygen. Your body can function with less

strain when there's plenty of oxygen. That's not the only benefit of fresh air. Research shows that some time outdoors can improve your blood pressure, improve digestion and give your immune system an extra boost. When you spend a few days outside, you get some serious health benefits from the extra oxygen and low levels of pollutants.

**2. SOCIALIZATION**

Camping alone is plenty of fun, but if you bring along a friend or family member, you'll enjoy a unique experience together that will help you keep a healthy, happy relationship. Socializing can extend your lifespan and delay memory problems according to research published in the American Journal of Public Health, and apart from the medical benefits, a few close relationships make life more fun. Invite a few friends on your next trip out.

**3. IMPROVED MOODS**

Regular campers will often talk about how the first few days back from a trip seem happier. This isn't without merit; spending some time outside in the sunlight can even out the levels of melatonin in your brain. Melatonin is the chemical that makes you feel tired and can induce feelings of depression, so by camping, you can enjoy better overall moods during and after your trip.

**4. LESS STRESS**

Camping also allows you to cope with stress. Stress can negatively affect your health in just about every way possible, and you're putting much less strain on your mental and physical faculties by giving yourself some stress-free time at the campsite. The lack of stress is related to the rise in oxygen levels, higher levels of serotonin and managed levels of melatonin mentioned above. There's also an emotional component at work here, since it's harder to be annoyed or angry when you're doing something that you enjoy.

**5. EXERCISE**

Let's not forget the most obvious benefit of camping: you're spending a lot of time performing physical activities. Even if you're taking a fishing trip, you're burning more calories than you'd burn sitting around an office, and if you hike or bike, you're performing cardiovascular exercise that will help keep your heart and lungs healthy. Your activity levels will vary, but hikers burn anywhere from 120-300 calories per hour. Bikers burn 300-500 calories per hour, and fly fishing can burn up to 200 calories per hour. No wonder you work up such an appetite during a long camping trip.

**6. SUNSHINE**

Sunshine feels great on your skin, and there's an evolutionary reason for that. When you're out in direct sunlight, you're taking on a ton of Vitamin D, which allows your body to absorb calcium and phosphorous.

**7. A GOOD NIGHT'S SLEEP**

Assuming that you've got decent camping gear, you'll fall fast asleep after a day full of outdoor activities. Sleep has an effect on all of your body processes and can reduce inflammation, improve your cardiovascular system and help you stay alert. Many campers report better sleep cycles when they return for a trip.

**8. GOOD FOOD**

If you pack s'mores, you're not seeing any particularly solid health benefits in this department. However, if you're fond of fishing and hunting, you'll likely eat a large amount of protein and healthy fats on your camping trip. You won't get any preservatives or unnatural ingredients in a fresh lake-caught fish, and all of the exercise on your trip will help you digest.

**9. NEW CHALLENGES**

No two camping trips are exactly the same, and that's a good thing. Studies from the University of Texas and University of Michigan show that new experiences help to keep brains healthy. New activities that are both physically and intellectually stimulating have the greatest effect on brain health, and camping fits both of these criteria.

**10. MEDITATION**

When you go camping, don't forget to turn off your cell phone. Leave the tablet and the laptop computer at home. Try to disconnect for a few days and enjoy the simplicity of the natural experience. This isn't just a general tip to help you enjoy the experience; if you're willing to enjoy your

Surroundings without any outside distractions, you could increase your lifespan. Jon Kabat-Zinn, founder of the Mindfulness-Based Stress Reduction Program, believes that turning off the cell phone and engaging with nature is one of the simplest ways to get the health benefits of meditation.

**There are also other health benefits of camping**

- ✓ Peace and Quiet. Unplug and enjoy the simplicity of nature. ...

- ✓ More Exercise. **Camping** requires more physical exercise to gather, prepare and store food, get around a **campsite** and manage your shelter effectively. ...  
Reduced Stress. ...
- ✓ Better relationships. ...
- ✓ Improved memory. ...
- ✓ Better sleep. ...
- ✓ Vitamin D boost.

**Camping tips to protect you from bears, bites, and boredom**

- ✓ Gear up.  
Pick your pack. Choose a backpack based on the length of your trek and the length of your spine. ...
- ✓ Sleep well. Don't forget the tent, sleeping bag, sleeping pad (for extra cushion!), and pillow. ...
- ✓ Fire up. ...
- ✓ Chow down. ...
- ✓ Dress for success. ...
- ✓ Grab the gadgets. ...
- ✓ Keep clean

**Mission**

**Activity 12.1: ILLUSTRATE!!**

- In a long bond paper
- Draw your camping place while enjoying bonfire with your friends.
- Be creative! You can use any colouring materials.
- Write a caption in your drawing.

**Rubric of Drawing**

Criteria	Rating				
The drawing clearly expresses the information and message.	5	4	3	2	1
The drawing highlights important information relevant to the topic.	5	4	3	2	1
The drawing is creative and artistic.	5	4	3	2	1

**Summary/Synthesis**

Camping is an outdoor activity involving overnight stays away from home in a shelter, such as a tent or a recreational vehicle. Typically participants leave developed areas to spend time outdoors in more natural ones in pursuit of activities providing them enjoyment.

Camping is not all about having a tent only, it could be in an RV (Big car) or a team building activity like summer camps are known for providing a safe environment where children gain self-confidence as they learn new skills. Camp is also a place where children develop a variety of social skills (e.g., communication, conflict resolution ability).

**References**

- <https://www.google.com/search?q=what+is+camping+camping&spell=1&sa=X&ved=2ahUKEwj2ys3jna3uAhU9yYsBHs8AMAQBSgAeqQIHRAv&biw=1584&bih=772>
- <https://greatist.com/fitness/know-you-go-camping>
- <https://www.zenrooms.com/blog/post/camping-in-philippines/>



PHYSICAL EDUCATION AND HEALTH 4  
S.Y 2023-2024

Name: \_\_\_\_\_  
Yr. & Sec: \_\_\_\_\_

Quarter: \_\_\_\_\_  
Teacher: \_\_\_\_\_

Checkpoint

ASSESSMENT-WEEK 12

Test I. TRUE or FALSE.

**Insruction:** Write TRUE if the statement is correct and FALSE if the statement is wrong. Put your answer in the space provided.

- \_\_\_\_\_ 1. Camping is an outdoor activity that can help us to enjoy with family.
- \_\_\_\_\_ 2. Camp Flame is necessary in camping.
- \_\_\_\_\_ 3. We should protect our skin from the heat of the sun.
- \_\_\_\_\_ 4. Our head is one of the most common injuries might happen while in camping.
- \_\_\_\_\_ 5. Rainy days are not good for camping.

Test II: **ESSAY**

Instruction: Answer the following questions below. (5 points each item)

1. How camping affects your mental health?
2. If you are going to choose one most important benefit of camping, what is it? Why?