



SUBJECT: Physical Education & Health 4

TOPIC: CAMPING (material used)

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SEMESTER: 2nd

GRADE LEVEL: 12

WEEK: 13

LEARNING COMPETENCY

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

What is camping?

- **Camping** is an outdoor recreational activity. The participants (campers) leave the urban areas and enjoy nature while spending one or several nights outdoors.

What do I need to go camping?

- When you go camping there are several things you should keep in mind. We are going to describe some of the essentials for going camping.

Here are the material used in Camping

❖ TENT

- is a portable shelter that is usually made of poles and waterproof materials. It is your house when you are in the outdoors.



❖ SLEEPING PAD

- This type of pad, provides protection from hard ground. very useful if you want to spend a comfortable night outdoor.



❖ Sleeping Bag

- A large well-padded bag designed for sleeping in, especially outdoors. This especial bag keeps you warm at night.



❖ BACKPACK

- A backpack is a type of sack to carry supplies. You can use it to carry food, gear and all you need while camping.

❖ FLASHLIGHT

This is a small portable electric lamp and it is very useful to illuminate your path in the dark.



❖ HAT

- A hat is a covering for your head. It is very useful to protect you from the heat of the sun.



❖ COMPASS

- It is an instrument for finding direction, it uses a magnetized needle to point to the north. Very useful to know where you are going.



❖ COAT

- A coat is a garment to protect the upper section of your body. The one you see in the picture is a rain coat, especially made for rainy weather.



❖ Other materials

- ✓ Plate
- ✓ Cup
- ✓ Flying pan
- ✓ Water carrier

Camping Checklist



Camping is a great way to get outside with family and friends or even by yourself. You can go camping in many state and national parks, at private campgrounds, in the backcountry or even in your own backyard. (For more info, read [Where Can I Camp?](#)). Most campsites include a picnic table, a place to park your car and a spot to pitch your tent. Many also have shared bathrooms and running water. Part of the joy of camping is needing very little gear to exist outdoors. But it's also nice to have a comfortable, convenient and homey campsite. If it's your first time camping, it might be best to borrow or rent some of these things. As you become a more experienced camper, you may find that part of the fun is figuring out what to bring along to meet your needs. While you're packing, use this handy camping checklist to make sure you don't forget anything important and make sure to stock up on the things you need. This is a comprehensive list, and we don't expect you to bring along every item — though we won't judge you if you do! <https://www.rei.com/learn/expert-advice/family-camping-checklist.html>

These are important items for your camping checklist:

- ✓ Tent (and footprint, stakes)

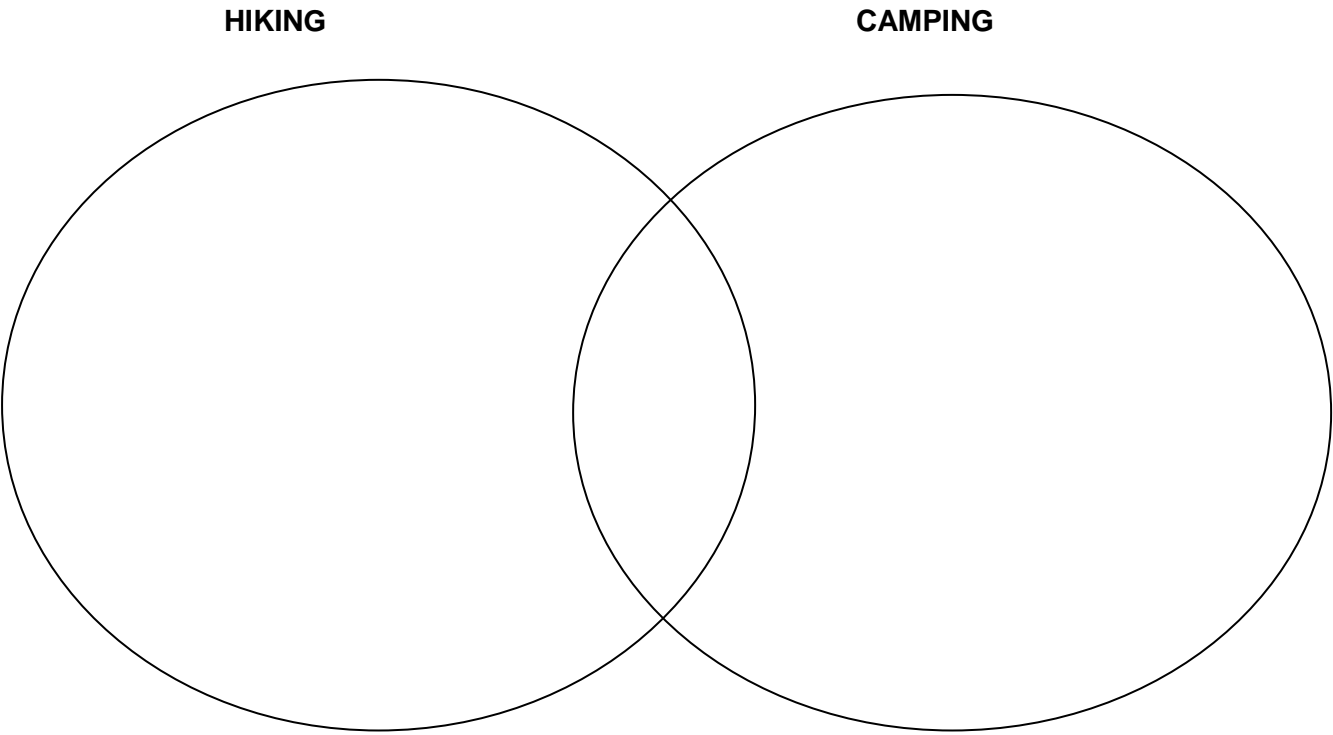
- ✓ Sleeping bags.
- ✓ Sleeping pads.

- ✓ **Camping** pillow.
- ✓ Headlamps or flashlights (and extra batteries)
- ✓ Camp chairs.
- ✓ Camp table (if no picnic table)
- ✓ Lantern (and mantles and fuel/batteries if needed)

Mission

Activity 13.1 VENN DIAGRAM!

- **Differentiate HIKING and CAMPING.**



Summary/Synthesis

Camping is a fun recreational activity that allows you to enjoy the outdoors, usually amidst all that Mother Nature has to offer. People go camping in a forest, national park, in the woods, near a river or lake, and can stay there for one or more nights. There are private campgrounds as well that are privately owned by people who encourage campers to come and enjoy the nature with them. Camping trips can be fun when organized properly.

Spending a week in the great outdoors can be an amazing adventure? Or a living nightmare. Usually, a good or bad camping experience comes down to just one factor: what you packed (or didn't pack) for the trip. Having the essential camping items in your backpack can mean the difference between a restful vacation among the trees and a ride to the nearest emergency room. Whether you're a first-time camper or a seasoned survivalist, don't leave home without the items our readers say are must-haves for a nature outing.

REFERENCES:

- <https://www.rei.com/learn/expert-advice/family-camping-checklist.html>
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PHYSICAL EDUCATION AND HEALTH 4

S.Y 2023-2024

Name: _____

Yr. & Section: _____

Quarter: _____

Teacher: _____

ASSESSMENT- WEEK 13

Test II. IDENTIFICATION!!

Instruction: Identify the descriptions below and find your answer from the box provided.

SLEEPING BAG	A TENT	COAT	FLASLIGHT
CAMPING		SLEEPING PAD	BACKPACK
HAT	COMPASS		

- _____ 1. It is large well-padded bag designed for sleeping in, especially outdoor This especial bag keeps you warm at night.
- _____ 2. It's a portable shelter that is usually made of poles and waterproof materials. It is your house when you are in the outdoors.
- _____ 3. It is a small potable electric lamp and it is very useful to illuminate your path in the dark.
- _____ 4. A covering for your head. It is very useful to protect you from the heat of the sun.
- _____ 5. This type of pad, provide protection from the hard ground. Very usueful if you want to spend a comfortable night outdoor.
- _____ 6. It is a type of sack to carry supplies. You can use it to carry food. Gear and all you need while camping.
- _____ 7. Its an instrument or finding direction, it uses a magetized needle to point to the north. Very usefull to knoe where you are going.
- _____ 8. A garment to protect the upper section of your body. The one you see in the picture is rain coat, especially made for rainy wheater.
- _____ 9. It is great way to get outside with family and friends or even yourself.
- _____ 10. Its an outdoor recreational activity that participants leave the urban areas and enjoy nature while spending one or several nights outdoor.