

Activities Available for County, Cluster or District 4-H Club Events

Activity & Class List

- [Challenge \(Low-Ropes\) Course](#)
- [Herpetology](#)
- [High Ropes](#)
- [Mountain Trails](#)
- [New Games](#)
- [Orienteering](#)
- [Stream Ecology](#)
- [Survival](#)

Challenge Course

Goals: To help students increase personal confidence, build mutual support within a peer group, and aid in understanding the importance of planning and cooperation.

Methods: Students will go through a series of activities designed to give students clearly defined mental and physical problems to solve. The challenges offer students the opportunity to stretch beyond their boundaries in a safe environment, allowing growth in self-awareness and self-confidence. The challenge course elements are designed to force students to plan and work together as a team to solve the specific problems presented.

What to wear: Closed-toed shoes are required. Otherwise, comfortable clothing.

Herpetology

Goals: To introduce students to characteristics, differences, and roles of reptiles and amphibians.

Methods: After participating in a group discussion to identify characteristics of reptiles and amphibians students will have the opportunity to handle live specimens.

What to wear: Shoes with heel straps. Otherwise, comfortable clothing.

High Ropes

Goals: To help students increase personal confidence, build mutual support within a peer group, and aid in learning to encourage and appreciate the efforts of other team members.

Methods: The students will participate in an activity designed to present the student with a difficult physical and emotional challenge. While it is more advanced than the low-ropes challenge course, a high-ropes challenge still offers students the opportunity to stretch beyond their boundaries in a safe environment, stimulating growth in self-awareness and self-confidence. Our three high ropes elements are 1) Zip Line, 2) Climbing Wall, and 3) Flying Squirrel.

What to wear: Closed-toed shoes are required. Otherwise, comfortable clothing.

Mountain Trails

Goals: To help students appreciate the mountain ecosystem as a result of familiarization with the environment through a hike on trails leading into the Chattahoochee National Forest.

Methods: Students will be guided along foot paths in the National Forest.

New Games

Goals: To enable students to increase their agility, trust and cooperation within a group using non-traditional physical activities.

Methods: Students participate in a series of active physical activities designed to build group cooperation and trust.

What to wear: Closed-toed shoes are required. Otherwise, comfortable clothing.

Orienteering

Goals: To introduce students to the proper use of the compass and the proper pacing technique.

Methods: Students will listen to a mini-lecture describing compass parts, how to take a bearing, and proper pacing techniques, then participate in activities practicing these skills.

What to wear: Closed-toed shoes are required. Otherwise, comfortable clothing.

Stream Ecology

Goals: To aid students in their understanding and appreciation of the importance of the water cycle; recognize differences in the life stages of aquatic animals as they grow and discover the diversity of animals that live in a stream. Students also learn to distinguish the difference between healthy streams and unhealthy streams.

Methods: The students will participate in activities that enhance their understanding of the water cycle and aquatic ecosystems; students also capture, identify, and observe stream animals.

What to wear: Clothes and shoes that can get wet are strongly suggested. Students have the option of getting into the stream.

Survival

Goals: To teach skills and techniques which help prevent students from getting lost in the woods and what to do if they become lost. Students will learn to set up a survival camp and will demonstrate understanding of basic survival needs and how to fulfill these needs in the wilderness.

Methods: Activities are incorporated into discussion about how not to get lost and the five basic survival needs. Students decide what items and methods should be utilized. Students are challenged to construct a survival shelter.

What to wear: Closed-toed shoes are required. Otherwise, comfortable clothing.