



Kigluait Special Events: Adopt a Sled Dog

Date: October 21, 2010

Time:

Grades: 5-12

Length: 50-60 Minutes

Goal:

The goal of this special event is to collect base line health and fitness data on the sled dogs of Flash Kennels. Each class has “virtually” adopted a dog from the kennel and will help us collect data on their individual sled dog. Because the basic principals of health and fitness are the same for sled dogs as they are for people we will also collect base line data for the students in each class (and Flash Kennels mushers!). After the conference students will have the opportunity to follow their dog throughout the year and monitor their progress through the training and racing season.

Standards:

NPH-H.K-4.6, NPH-H.5-8.6: Setting goals for good health

- Predict outcomes of positive health decisions.
- Apply strategies and skills needed to attain personal health goals.

Needed Materials:

- Pre Activity Competed and Student Handout for Videoconference Page (students will be asked to share their pre activity)
- Pens or Pencils
- Pre-Prepared Questions about their Sled Dog (Optional)

Pre Preparation:

- **IMPORTANT:** Read the Teacher Instructions page **PRIOR** to the Videoconference.
- Review and share the etiquette of Conferencing if students have not conference before at: <http://csd.org/newlinks/studentprotocol.htm>
- All students should be seated in the field of the camera (check this prior to the connection).

General VTC Schedule

- 5 –10 min: Introductions and Sense of Place
- 10 min: Direct Instruction: Collect Sled Dog Data
- 20-25min: Group rotation, Meet your Sled Dog and data collection and analysis.
- 10 min: Set goals for adopted Sled Dog, next steps.
- 5-10 min: Q and A



Kigluait VTC Policies

- **Cancellation Policy:** We will not charge for videoconferences that are canceled due to technology issues, natural disasters or extreme weather conditions. If for any reason, Kigluait experiences technical difficulties (we are in a remote location) all efforts will be made to reschedule at the earliest and most convenient time for you with a 15% discount for the rescheduled program. If the participating school cancels or misses within 24 hours of the videoconference, 50% of the cost of the conference will still be charged (if due to weather or emergency efforts will be made to reschedule).
- **Refund Policy:** We will refund or cancel an invoice for any program that must be canceled prior to the 24-hour cancellation policy.
- **Rescheduling Policy:** We will do our best to reschedule canceled programs, based on available time slots and consideration to participants and content provider schedules.
- **Recording Policy:** **We do not allow recording** of our programs. Recording is occasionally allowed when requested for special conditions. We do not allow any material to be secondarily sold or purchased for monetary value.
- **Additional Classroom Viewing Policy:** We ask that classrooms consist of no more than 35 students, and if additional students or classrooms wish to participate they either schedule a second program or, if necessary, combine the classrooms (and let us know) for an additional \$50. We provide additional classroom viewing, without participation for \$25.00.

Additional Resources

Additional activities, web resources, and discussion boards can be accessed by joining the Adopt-A-Dog group at: <http://www.kigluaitadventures.com/socialnet>



Kigluait Curriculum Adventures

Pre- Activity Student Page : Get to Know your Sled Dog Using GoogleDocs



Now is the time to get to know your dog a bit before the conference. In the post activity we will go over how you can keep tabs on him or her throughout the year.

Go to: <http://www.kigluaitadventures.com/socialnet/dogtraining/>

This will become a very important web resource for you! So let's have a look

I update this spreadsheet after each run, it's a great source of raw data for any class project that requires data processing or analysis! Key numbers for us are the length of runs, speed, frequency of runs, total monthly miles, season to-date miles, weight and heart rate (generally only taken once at the end of the month). We will use these in the conference and post-activities.

DogTraining 2010-2011

Meet the dogs sept Oct Nov Dec Jan Feb March April
May June

dog	age	heart (bpr wt. (l) notes	Total ru total miles
goldeen	8	48 53 glossy fur	7 34.5
batman	2	51 48 glossy fur	7 34.5
hiro	2	54 46 glossy fur, healing bite wounds on feet	7 34.5
andy	4	48 50 glossy fur	7 34.5
ozzy	2	48 46 glossy fur	7 34.5
raj	2	48 48 glossy fur	7 34.5
kent	2	42 44 shedding	7 34.5

DogTraining 2010-2011

Meet the dogs sept Oct Nov Dec Jan Feb March April
May June

dog	age	mother	father	Description
goldeen	8	mugs	gordon	Main leader in race teams, experie
batman	2		andy	Second year racing, key dog to wa
hiro	2		andy	Second year racing, indestructible
andy	4			Only dog in the kennel not born he
ozzy	2		andy	Second year racing, playful, great
raj	2		andy	Second year racing, key future lea
kent	2		andy	second year racing, can run lead b
gortex	1	britt	goldeen	First year in race teams, looks to t
ballar	1		andy	A yearling, best friend to gortex, hi

Also on the spreadsheet you will find a 'sheet' titled 'meet the dogs.' **This is great place to start to get to know your dog!** On the sheet you will find a link (click the dogs name) to pictures of your dog- check these often as they are regularly (nearly every run!) updated. You can also discover the age of your dog, who his/her parents are (and their pictures, if we have them), and a brief introduction to their personalities.

Use this information to have the students fill in the "Dog Card" template found on the next page. (Some of the information will be completed during the conference

- The next two blocks are GoogleMap information and GPS data- this is an interesting data set that can be used for a variety of extensional activities, some of which will be found in the Adopt a Dog Group.



Sled Dog Name:

**Paste Picture of
Mother**

**Paste Picture
of Father**

Picture of your Adopted Dog

Dog's Goals:

- 1.
- 2.
- 3.

Dog Stats:

Age: _____ Weight: _____
Attitude: _____ Fur: _____
Races Completed: _____ Training Miles: _____
Team Position: _____ Harness Size: _____
Favorite Food: _____ Bootie Size: _____



My Name

Definition of Healthy

**List of Sports you Play or
have Competed in**

My Goals:

1.

2.

3.

Picture of Me

My Stats:

Age: _____

Heart Rate: _____

Capillary Refill: _____

Muscle Flexibility: _____

Attitude: _____



Now that you have explored this VERY IMPORTANT webpage and gotten to know your dog a little let's use this information to see how your dog compares to the rest of the dogs in the kennel!

Do This:





1. Collect your dogs weight and heart rate from the 'Sept.' sheet (some dogs info will be on the 'Oct.' sheet). You can record this on the Dog Card above (you may have already done so).
2. In the documents below you will find chart titled "Average Kennel Weight and Heart Rate." Plot your dogs data on this chart.
3. How does your dog compare? What do you think that means for how your dog will need to be trained this season? Record your thoughts in the 'goals' section of the Dog Card. Not sure what it means? Don't worry we will cover this in depth during the conference. However, a LOT of background information can be found on the Flash Kennels site, so...
 - if you haven't already done so, this would be a good point to take the time and register with the Flash Kennels site (<http://www.kigluaitadventures.com/socialnet/register/>)
 - Once you've done that, go ahead and join the "Adopt-A-Dog" group, explore the many features of the site by looking at the "start here" tab. (<http://www.kigluaitadventures.com/socialnet/2010/10/welcome?=/socialnet/start-here>)
2. Be sure to add your name and your picture to your own health card and bring it to the conference, we will be using it.

Okay! Now your ready for the conference!



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STUDENT VTC- Activity: Collect, Share Data Flash Kennels Health Form

<p>Dog name: _____</p> <p>Weight: _____</p> <p>Age: _____</p>	<p>Muscle Tone: _____</p> <p>Fur: _____</p> <p>Attitude: _____</p> <p>Heart Rate: _____</p> <p>Capillary Refill: _____</p>
<p>Feet:</p>	
<div style="text-align: center;">  </div> <p>Front Left</p>	<div style="text-align: center;">  </div> <p>Front Right:</p>
<p>Pads: _____</p> <p>Nails: _____</p> <p>Webbing: _____</p> <p>Bones: _____</p>	<p>Pads: _____</p> <p>Nails: _____</p> <p>Webbing: _____</p> <p>Bones: _____</p>
<div style="text-align: center;">  </div> <p>Back Left</p>	<div style="text-align: center;">  </div> <p>Back Right:</p>
<p>Pads: _____</p> <p>Nails: _____</p> <p>Webbing: _____</p> <p>Bones: _____</p>	<p>Pads: _____</p> <p>Nails: _____</p> <p>Webbing: _____</p> <p>Bones: _____</p>



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Spine Neck: _____ Back: _____ Tail: _____	Head Eyes: _____ Nose: _____ Teeth: _____
Shoulder: Right: _____ Left: _____	Elbow: Right: _____ Left: _____
Posterior: Right: _____ Left: _____	Hips: Right: _____ Left: _____

General:

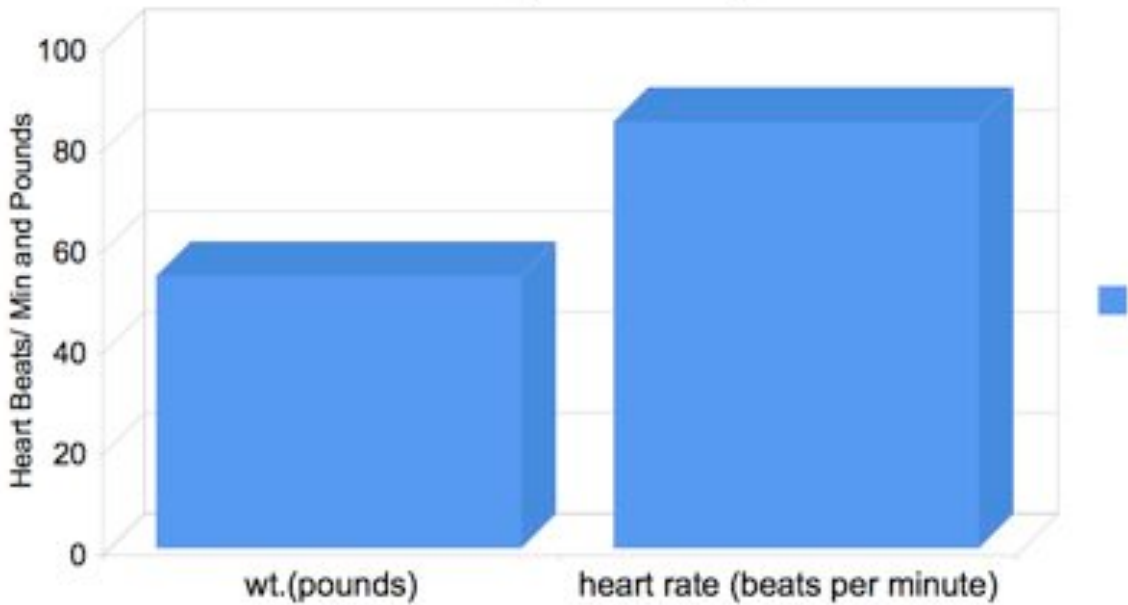


Analyze Data

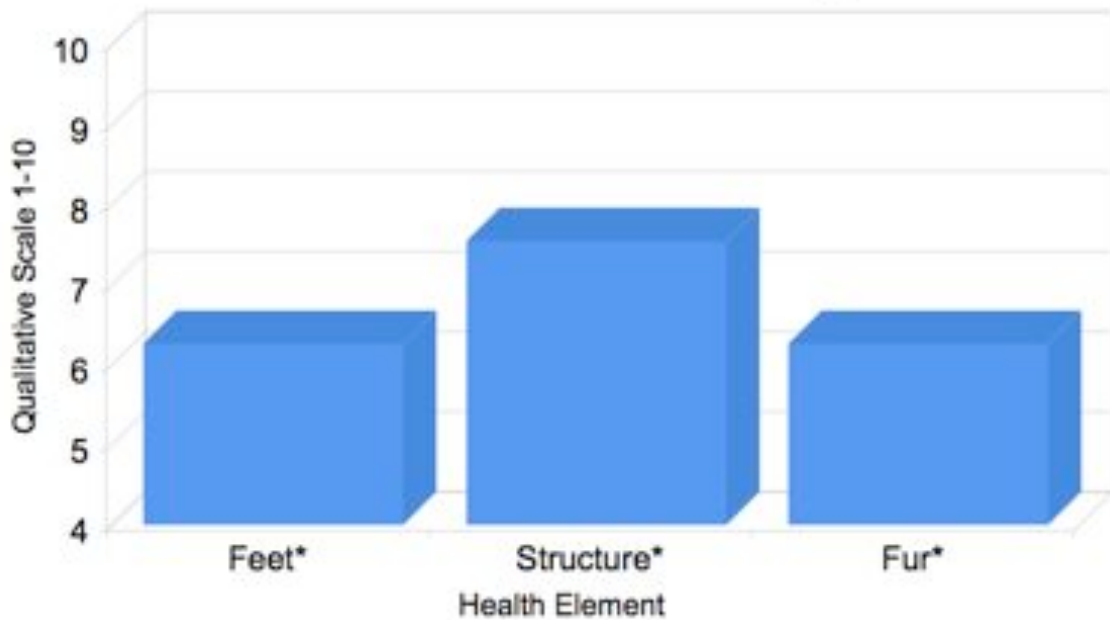
Self-Guided Task 3:

Using the following graphs, take the data from above and place it on the graphs by drawing a line on the bar where your dog is at compared to the rest of the dogs in the kennel.

Average Kennel Weight and Heart Rate



Team Averages

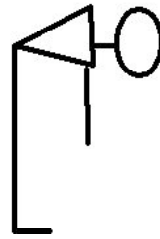




Self-Guided Task 1:

Now it is time to collect the human equivalent of your dog.

1. Take your Heart Rates: Find your pulse on your wrist or neck using your middle and ring finger. Count the number of beats in 10 seconds and multiply by 6. Do this 3 times and then take the average by adding all three numbers together and divide by 3.
2. Check your Capillary Refill: Using your thumb, press on your thumbnail briefly until it turns white. Quickly release the pressure and count how fast it refills.
3. Check your Flexibility: Standing straight with your feet together, bend over to touch your toes. Estimate the distance from the floor to your palms (if palms were flat on floor, estimate would be 0in.) Next, reach and touch your fingers behind your back (see illustration below), having a partner estimate the distance between the fingers (if fingers touch, estimate would be 0 in)



4. Attitude: What is your typical attitude or energy level? Possible descriptive words are
 - High energy, upbeat, happy, excited
 - Average energy, ho-hum
 - Low energy, sad unhappy, etc.



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Self-Guided Task 3:

Complete the right hand-side of the table for your personal goals and strengths. As a group we will complete your dog's goals.

What are your dog's strength areas?	What are your strength areas?
What are your dog's weak areas that need work? Why?	What are your weak areas that need work? Why?
What goal should be set for your dog to strengthen weak areas and maintain strong areas?	What goal can you set to strengthen weak areas and maintain strong areas?

Who do you think will improve more? Why?



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Post- Activity: Life Moves!



TASK 1: ADOPTED DOG POSTER:

Instructions: Well, after the videoconference, life moves on. In fact, in all likely hood we are out right this very minute on yet another training run and you are probably in school doing, um... school-work.

So how do we stay in touch? Through the Flash Kennels website (<http://www.kigluaitadventures.com/socialnet>). All those training runs mean very quickly there is going to be new data up on the Dog Training spread sheet about your dog. So let's keep track of it by making a **CLASS POSTER** to monitor your dog's progress! We all know that posters can be very creatively designed- so have fun with it! And hey! Once you have it up and going don't be bashful about posting a picture of it up on the Flash Kennels site! You never know, maybe a contest will pop up for best poster! And you could be the winner!

But here are a few items that I would be sure to include:

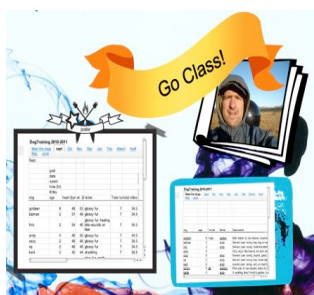
- *A chart that show weight and heart rate through time*
- *A bar graph that total miles run by weeks (kind of tricky since that's not how the raw data is collected... but you'll figure it out!)*
- *A section to print and paste on photos of your dog throughout the season*
- *A calendar to mark important race dates*
- *A section to write down notes or questions that you would like to post in the Adopt-A-Dog group for other classes or the musher's to answer.*



TASK 2: PERSONAL HEALTH POSTER:

Instructions: Lastly, remember how closely dog training matches human training? Well, why not make another poster that keeps track of your own class' health and fitness? C'mon it'll be fun... all of the mushers will be doing it also!

Here is what we'll track (but feel free to add to it or make suggestions for us all on the Flash Kennels site!)



- *Average class heart rate each month*
- *Total class weight (with perhaps a method to normalize for average childhood growth over time... we can talk about this in the group forums)*
- *Hours of exercise participated in on a weekly basis. (i.e. similar to total miles the dogs run each week)*
- *A calendar to mark important fitness events for the class*
- *A section for photos of students (in and out of school) participating in healthy activities.*

And once again let's post up what we are doing on the Flash Kennels site. Fun incentive games and contests are bound to pop up!