

## INITIATIVES & INTEGRATED LEARNING

- [Environmental Education](#)
- [Foundations for a Healthy School](#)
- [Social Emotional Learning Skills](#)

## MATERIALS

- Chart paper
- Markers
- Variety of equipment for students to create their own physical activities (e.g. variety of objects you can send, mini nets, implements to send the object, pylons, hoops, etc.)

## ACTIVITY NAME:

# CREATE IT, PLAY IT!

## LEAD UP TO:

**Cross Country Skiing**

## SUITABLE FOR:

**PPL, PAF, PAI, PAD**

## DIVISION:

**Secondary Division**

## CURRICULUM CONNECTIONS



Ontario  
Curriculum



## Health & Physical Education

**A1.** participate actively and regularly in a wide variety of physical activities, and demonstrate and understanding of factors that can influence and support their participation in physical activity now and throughout their lives

**A2.** demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living

**C3.** demonstrate the ability to make connections that relate to health and well-being - how their choices and behaviours affect both themselves and others and how factors in the world around them affect their own and others' health and well being

# BEFORE YOU GO

### Learning Goal

- Students will co-create and participate in moderate to vigorous physical activities to the best of their ability and learn to understand what they physically and mentally need in order to be successful in the activities.

### Minds On Activity:

- According to the [Canadian 24-Hour Movement Guidelines for the Children and Youth \(5-17 years\)](#), “research strongly shows the need for a new movement paradigm that emphasizes the integration of all movement behaviours occurring over a whole day, shifting the focus from the individual components to emphasize the whole. The new guidelines encourage Children and Youth to “Sweat, Step, Sleep and Sit” the right amounts for a healthy 24 hours.”
- To learn more, reference the [Canadian 24- Hour Movement Guidelines](#).
- Organize the class into groups of 4-5 students.
- Create a two-column chart with the headings:
  - SWEAT - moderate to vigorous physical activity
  - STEP - light physical activity
- Provide the opportunity for each group to co-create and plan a physical activity that will fall under the SWEAT or STEP column. Each physical activity should include the following criteria:
  - Low organization with little to no equipment.
  - Activity will last for a 5-minute rotation.
  - Provide the opportunity for all abilities to participate.

### Action Activity

- Create space around the playing area for each group to set up their physical activity. These activities will be centres around spread around the playing area.
- Allow each group to present their physical activity and teach the class how to play their physical activity.
- On the signal to begin, have each group rotate through the physical activity centres.
- Lead the class in a group discussion about the value of participating in a variety of physical activities. Example teacher prompts:
  - *What do you look for in a physical activity that you enjoy?*
  - *Do you enjoy physical activities that you can do alone, and/or with others? Describe why.*
  - *Which activities have you tried that you enjoyed? Describe what made it fun.*
  - *Which activities have you tried that you didn't enjoy? What made it challenging?*
  - *Which activities interest you? Which activities don't interest you? Describe why.*

# WHILE YOU ARE THERE

### Schools on Snow Activity

- Before participating in the cross-country skiing activity, ensure that the Schools on Snow facility, school staff along with students are aware of the following:
  - Ontario Physical Activity Safety Standards:
    - Skiing (Cross Country), Elementary; Curricular
    - Skiing (Cross Country), Elementary; Interschool
    - Skiing (Cross Country), Elementary, Intramural
- Experience a popular winter activity called cross-country skiing at a Schools on Snow - Ontario resort. Learn how to move across snow-covered terrain through the guided trails, while enjoying the beautiful winter scenery. Get ready to participate in this activity that relies on your strength, speed and endurance!

# ONCE YOU GET BACK

### Consolidation Activity

- Lead the class in a group discussion about their experience in the cross-country skiing activity. Example educator prompts:
- *What were you most excited about before visiting the Schools on Snow resort?*
  - *What were you most nervous about before visiting the Schools on Snow resort?*
  - *Describe what was most successful in the cross-country activity.*
  - *Describe what was the most challenging about the cross-country activity.*
  - *When faced with a challenge, what did you do to help you cope?*
  - *Where can you go to learn more about how you can participate in cross-country skiing?*
  - *What other activities can you do outside during the winter season?*
  - *What did you enjoy most about this activity?*

# ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop or avoid people or objects.
- 2** People ahead or downhill of you have the right-of-way. You must avoid them.
- 3** Stop only where you are visible from above and do not restrict traffic.
- 4** Look uphill and avoid others before starting downhill or entering a trail.
- 5** You must prevent runaway equipment.
- 6** Read and obey all signs, warnings and hazard markings.
- 7** Keep off closed trails and out of closed areas.
- 8** You must know how and be able to load, ride and unload lifts safely. If you need assistance, ask the lift attendant.
- 9** Do not use lifts or terrain when impaired by alcohol or drugs.
- 10** If you are involved in a collision or incident, share your contact information with each other and a ski area employee.

## Know the Code - It is Your Responsibility

# CROSS COUNTRY RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE TRAILS, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** *Always check posted trail conditions.*
- 2** *Ski in indicated direction and obey all posted signs and warnings. Keep off closed trails.*
- 3** *Always ski to right when meeting on-coming skiers.*
- 4** *Yield the track to faster skiers and skiers calling 'track'.*
- 5** *Ski in control. On two-way trails descending skiers have the right-of-way.*
- 6** *Do not stop where you obstruct a trail or are not visible to others. Move off the track quickly if you fall or during rest stops.*
- 7** *Do not litter. Take out what you pack in. Respect all property.*
- 8** *Report all incidents.*

**Know the Code - Be Safety Conscious  
It is Your Responsibility**