

INITIATIVES & INTEGRATED LEARNING

- Environmental Education
- Foundations for a Healthy School
- Social Emotional Learning Skills

MATERIALS

- Hoola-hoops
- Large quantity of scrap paper
- Pylons
- Skipping ropes

ACTIVITY NAME:

GLIDE HERE, GLIDE THERE

LEAD UP TO:

Tubing

DIVISION:

Intermediate Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Health & Physical Education

A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade

B1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives;

C1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;

BEFORE YOU GO

Learning Goal

- Students will learn how to move and work cooperatively and collaboratively while participating in a variety of games.

Minds On Activity:

- Organize class into groups of 4-5 students. Provide each group with one hoola-hoop.
- As a group students have to lift the hoola-hoop off the ground, however each student can only use one finger to perform this task.
- Provide groups the opportunity to attempt this activity multiple times.
- Variations:
 - Have groups carry the hoola-hoop from one end of the playing area to the other, and provide the option for groups to challenge each other.
 - Using their non-dominant hand, have students use a finger to lift the hoop.
 - Require one student in each group to stand in the middle of the hoop and challenge groups to lift the hoop over the student without it falling on the ground.
- As a group, discuss what it means to work together as a group. Example educator prompts:
 - *Describe what was successful in your group with this activity.*
 - *Describe what was challenging in your group with this activity.*
 - *What were some strategies that your group used to complete this activity?*

Action Activity

- Each student will require two sheets of scrap paper to stand on. Tell students that they will be moving around the playing area by gliding on their scrap papers like they are skating. Their feet must stay on their papers during the activity.
- Provide time for students to practice gliding safely around the playing area.
- Using the pylons, create an obstacle course for the groups to travel through.
- In the same groups of 4-5 students, they will have to glide around the playing area while staying connected together. For example:
 - Groups can create a line and hold hands, and glide.
 - Groups can create a line and place their hands on the shoulders of the person in front of them, and glide.
 - Groups can hold onto a skipping rope, and glide.
- As a group, discuss what it means to work together as a group. Example educator prompts:
 - *Describe what was successful in your group with this activity.*
 - *Describe what was challenging in your group with this activity.*
 - *What were some strategies that your group used to complete this activity?*

WHILE YOU ARE THERE

Schools on Snow Activity

- Enjoy gliding, sliding and laughing down a hill on a snow tube! Take in the fresh chilly air and relish the amazing snow-white scenery and landscape before you slide downhill. Take a seat on an inflatable inner tube downhill and let gravity take you on a fun and thrilling ride downhill. Snow tubing is a great way to embrace an outdoor winter activity!

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a group discussion about their experience in the snow tubing activity. Example educator prompts:
- Describe what working together could look, sound and feel like in the snow tubing activity.
 - What did you enjoy most about this activity and why?
 - How does participating in the snow tubing activity with others contribute to the enjoyment of this activity?
 - Describe what was most successful in the snow tubing activity.
 - Describe what was the most challenging about the snow tubing activity. How did you meet this challenge?

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