

INITIATIVES & INTEGRATED LEARNING

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

MATERIALS

- Bench (a long piece of rope can be used instead)
- Certified gymnastic mats

ACTIVITY NAME:

MOVING TOGETHER

LEAD UP TO:

Guided Snowshoe

DIVISION:

Intermediate Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Health & Physical Education

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

B1. 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

B2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living

B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities

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

C2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities

CROSS CURRICULAR CONNECTIONS:

Geography, Grade 7

B2. use the historical inquiry process to investigate perspectives of different groups and communities, including First Nations, Métis, and/or Inuit communities, on some significant events, developments, and/or issues that affected Canada and/or people in Canada between 1800 and 1850

Science & Technology, Grade 7

2. investigate interactions within the environment, and identify factors that affect the balance between different components of an ecosystem

BEFORE YOU GO

Learning Goal

- Students will learn how to work with others while participating in physical activities.

Minds On Activity:

- Organize the class into groups of 5-6.
- Place a bench in the centre of a designated playing area, away from any walls or obstacles. Place folding mats on the floor around the bench for safety.
- Ask the first group to stand on the bench in random order.
- On the signal to begin, the students are to reorder themselves so that they are standing in alphabetic order by first name on the bench.
- Students must remain on the bench the entire time. Should anyone step off then everyone steps down and the activity begins again.
- Repeat the activity with the remaining groups.

Action Activity

- Organize the class into groups of 5 - 10.
- Instruct students within each group will stand in a line, ensuring that they are standing with their toes touching the person's heels in front of them during the whole activity.
- On the signal to begin, provide the groups the opportunity to move through a designated path while ensuring that students are moving with heel-toe contact the entire time.
- For variations, create paths that go in different directions and consider adding obstacles.

WHILE YOU ARE THERE

Schools on Snow Activity

- Before participating in the snowshoeing activity, ensure that the Schools on Snow facility, school staff along with students are aware of the following:
 - Ontario Physical Activity Safety Standards:
 - Snowshoeing, Elementary; Curricular
 - Snowshoeing, Elementary, Intramural
- Students will explore the various snowshoeing trails on a unique adventure with picturesque views of the snow-covered environment. Experienced guides will walk your class through everything from snowshoe rentals and equipment, to providing opportunities to explore different trails for a variety of abilities.
- Students will be provided opportunities to practise skills that support positive interaction with others in small-group and team situations throughout the guided snowshoe activity.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a group discussion. Example educator prompts:
- *What does working together look, sound and feel like in the activity we did prior to our guided snowshoeing activity? What does working together look, sound and feel like when snowshoeing?*
 - *What do you need to be successful when working with others?*
 - *Describe a success you had in the guided snowshoe activity.*
 - *Describe a challenge you experienced? How did you cope with it? Would you change how you managed your feelings and/or actions?*
 - *How did you feel before, during and after the activity physically and mentally?*
 - *Describe how you supported a peer in the class when participating in the activity.*
 - *Would you recommend this winter activity to a friend and/or a peer?*

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**