

INITIATIVES & INTEGRATED LEARNING

- [Environmental Education](#)
- [Foundations for a Healthy School](#)
- [Social Emotional Learning Skills](#)
- [A. Literacy Connections and Applications; Transferable Skills](#)

MATERIALS

- Chart paper
- Markers
- Paper
- Clipboard
- Writing utensils (e.g. pencil, pen)

ACTIVITY NAME:

SENSE-SATIONAL OUTDOOR EXPERIENCES

LEAD UP TO:

**Cross-Country Skiing or
Guided Snowshoeing**

DIVISION:

Intermediate Division

CURRICULUM CONNECTIONS



Ontario
Curriculum



Language

B. Foundations of Language

B1. Oral and Non-Verbal Communication: apply listening, speaking, and non-verbal communication skills and strategies to understand and communicate meaning in formal and informal contexts and for various purposes and audiences.

D. Composition: Expressing Ideas and Creating Texts

D1. Developing Ideas and Organizing Content: plan, develop ideas, gather information, and organize content for creating texts of various forms, including digital and media texts, on a variety of topics.

D3. Publishing, Presenting, and Reflecting: select suitable and effective media, techniques, and tools to publish and present final texts, and critically analyze how well the texts address various topics.

BEFORE YOU GO

Learning Goal

Students will generate, gather and organize information during an outdoor community walk to describe a sensory experience. Then use appropriate words and phrases to communicate their sensory experience through a variety of writing forms.

Minds On Activity:

- As a class, co-create a list of outdoor winter activities. Ensure that the pictures are inclusive, considering activities with and without equipment, cost and accessibility. Consider having pictures prepared of some of the activities listed below. Example of outdoor winter activities:
 - *Playing in the snow (e.g. building a snow fort, making snow angels or snow people)*
 - *Alpine skiing, adapted alpine skiing*
 - *Hockey, sledge hockey*
 - *Tobogganing or sledding, adapted tobogganing or sledding*
 - *Hiking*
 - *Skating*
 - *Cross-country skiing*
 - *Snowshoeing*
 - *Snowboarding*
 - *Walking*
- Organize class into groups of 4-5 students. Allow each group to choose an outdoor winter activity.
- As a group, students are given a chart paper to create a 5 column chart with the following headings of the 5 senses: sight, touch, smell, taste and hearing.
- Provide each group time to generate a list that describes each of the senses for their chosen activity. Example educator prompts:
 - *Think about how each of the senses may help a person participate successfully in the activity.*
 - *How do senses work together to help a person in the activity?*
 - *Describe which sense(s) you think may do more work in the activity.*
 - *Describe which sense(s) you may not need in the activity?*
 - *How do you think adapted equipment supports the person who may not have one (or more) of the senses participate successfully in the activity.*

Action Activity

- Provide each group a clipboard, paper and writing utensil to create a 5 column chart with the following headings of the 5 senses: sight, touch, smell, taste and hearing.
- Take students outside for a community walk. Ensure that you are aware of the Ontario Physical Activity Safety Standards, along with school board and school safety protocols.
- Guide students throughout the walk and provide time for the groups to record their sensory observations. Example educator prompts:
 - *Let's pause here. What do you hear that stands out for you? If you close your eyes, do you hear other sounds?*
 - *Describe something that is rough, smooth and spiky on our community walk.*
 - *Take a few deep breaths in and out. Describe how you feel at this moment?*
 - *Were there any new or familiar smells you experienced in our walk? Does it remind you of a past experience or memory?*

WHILE YOU ARE THERE

Schools on Snow Activity

Students will experience one of two activities at a Schools on Snow resort: snowshoeing or cross-country skiing. Resort staff will meet your class, walk students through rentals and equipment. Experienced instructors/guides will provide lessons and/or guide students through trails depending on the activity.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a group discussion about their experience at the Schools on Snow activity. Example educator prompts:
- Describe the senses you depended on to help you participate in the activity.
 - Describe something new you saw outdoors while participating in the activity.
 - Describe some feelings and emotions you experienced in the activity.
 - Would you recommend this activity to a peer? Why or why not?

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**