

INITIATIVES & INTEGRATED LEARNING

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

MATERIALS

- Chart paper
- Markers

ACTIVITY NAME:

TRYING NEW ACTIVITIES

LEAD UP TO:

Cross Country Skiing

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

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

D1. demonstrate an understanding of factors that contribute to healthy development

D3. 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 participate in moderate to vigorous physical activity to the best of their individual abilities and learn to understand what they physically and mentally need 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](#).
- Create a two-column chart with the headings:
 - SWEAT - Moderate to vigorous physical activity.
 - STEP - Light physical activity.
- Lead the class in a group discussion to co-create a list of activities for each column.
 - SWEAT - Moderate to vigorous physical activity. Example student responses:
 - *Playing on a basketball team.*
 - *Participating in track & field.*
 - *Playing recess games during intramurals.*
 - STEP - Light physical activity. Example student responses:
 - *Walking to school.*
 - *Scootering or biking to school.*
 - *Gardening outdoors.*
- Example teacher prompts:
 - *Describe how your body may respond during moderate to vigorous physical activity.*
 - *What do you enjoy about participating in moderate to vigorous physical activities?*
 - *Describe how your body may respond during light physical activities.*
 - *What do you enjoy about participating in light physical activities?*
 - *Describe how you feel before, during and after physical activity.*

Action Activity

- As a class, create a list of physical activities and/or sports using chart paper and markers. Ensure that the list has a variety of activity/sport types including indoor and outdoor, with equipment and without, those that can be done in different seasons, etc. Example student responses:
 - *Hiking*
 - *Basketball and wheelchair basketball*
 - *Skiing*
 - *Snowshoeing*
 - *Cross-Country Skiing*
 - *Snowboarding*
 - *Badminton*
 - *Swimming*
 - *Figure skating*
 - *Hockey*
 - *Running*
 - *Walking*
 - *Skateboarding*
 - *Horseback riding*
 - *Rock climbing*
- 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

- Experience a popular winter activity called cross-country skiing at the Schools on Snow 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**