

GLOBAL SKILLS

learning to learn/self-awareness and self-direction;
collaboration;

INITIATIVES & INTEGRATED LEARNING

[Foundations for a Healthy School](#)
[Social Emotional Learning Skills](#)
[A. Literacy Connections & Applications](#)

MATERIALS

Markers
Chart paper
Pens/Pencils

GUIDED HIKE

Intermediate (Grade 7-8) Level

ACTIVITY DESCRIPTION

Take your class on an educational hiking adventure at Blue Mountain! Your knowledgeable guide will walk students through the highlights and history of the region. Students will enjoy breathtaking views and plenty of opportunities to capture amazing photos along the way. Duration 1.5 hours

CURRICULUM CONNECTIONS [Health & Physical Education 2019](#)



Ontario
Curriculum



B. Active Living

B1. Participate actively and regularly in a wide variety of physical activities, and demonstrate an 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;

C. Movement Competence: Skills, Concepts & Strategies

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 [Social Studies, History & Geography 2023](#)

Geography, Grade 7 - A. Physical Patterns in a Changing World

A1. Application: Interrelationships between People and the Physical Environment: analyse some challenges and opportunities presented by the physical environment and ways in which people have responded to them.

Geography, Grade 8- A. Global Settlement: Patterns and Sustainability

A1. Application: Interrelationships between Settlement and the Environment: analyse some significant interrelationships between Earth's physical features and processes and human settlement patterns, and some ways in which the physical environment and issues of sustainability may affect settlement in the future.

A2. Inquiry: Human Settlements and Sustainability: use the geographic inquiry process to investigate issues related to the interrelationship between human settlement and sustainability from a geographic perspective.

A3. Understanding Geographic Context: Settlement Patterns and Trends: demonstrate an understanding of significant patterns and trends related to human settlement and of ways in which human settlement affects the environment.

Cross Curricular Connections: [Language 2023](#)

C. Comprehension: Understanding and Responding to Texts

C2. Comprehension Strategies: apply comprehension strategies before, during, and after reading, listening to, and viewing a variety of texts, including digital and media texts, by creators with diverse identities, perspectives, and experience, in order to understand and clarify the meaning of text.

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.

D2. Creating Texts: apply knowledge and understanding of various text forms and genres to create, revise, edit, and proofread their own texts, using a variety of media, tools, and strategies, and reflect critically on created texts.

BEFORE YOU GO

Learning Goal

Students learn how daily physical activity contributes to their overall physical and mental well-being. Students also learn about the planning and supplies required for safe hiking.

Minds On Activity:

- Lead a class discussion around safe hiking practices, as well as the physical and mental-health benefits of hiking. Teacher prompts:
 - *Have you participated in hiking?*
 - *If so what challenges did you face?*
 - *What factors impacted your hiking experience (e.g. weather, fatigue, fitness level, etc).*
 - *How did you feel during and after your hiking experience?*

Action Activity

- Organize the class into 6 groups.
- Assign each of the groups one of the following topics to research: footwear, clothing, food and beverages, first aid supplies, route plan, backpacks and waterproofing. Instruct each group to become experts on their assigned topic and to prepare an outline for the class explaining the key characteristics of the topic and how it is a critical aspect of safe hiking
- Ask the groups to record their outline on the chart paper provided and post for the class.

Accommodations/Modifications

The use of a [Jigsaw](#) strategy may be used to engage more students and create more opportunities for collaboration.

WHILE YOU ARE THERE

At Blue Mountain Resort

Students engage in a guided hike on Blue Mountain and explore the natural wonders of the Niagara Escarpment while participating in extended physical activity . They will put into practice the planning and equipment discussed in the pre-trip activity..

ONCE YOU GET BACK

Consolidation Activity

- Lead students through in a reflection about their experience during the guided hike at Blue Mountain with the following guiding questions:
 - *How did your research in the pre-trip activity help to make the hike an enjoyable and safe experience?*
 - *Was there any equipment you brought, but didn't need? Any equipment you feel you should bring next time?*
 - *How did you feel during the guided hike? Do you think this activity could help with your overall physical and mental well-being?*
 - *What were some of the physical and mental benefits you experienced during the hike? Could these benefits help manage stress and other mental health concerns? Explain using examples.*
 - *What physical activities could be incorporated into your daily lives that could positively impact your physical and mental well-being?*