

GLOBAL SKILLS

learning to learn/self-awareness and self-direction;
collaboration;
global citizenship and sustainability)

INITIATIVES & INTEGRATED LEARNING

[Foundations of a Healthy School](#)

[Social Emotional Learning Skills](#)

[A. Literacy Connections & Applications](#)

MATERIALS

Bench
Folding Mats

GUIDED SNOWSHOE

Intermediate (Grades 7-8) Level

ACTIVITY DESCRIPTION

Students will explore The Backcountry Snowshoe Trails of Ontario on a quiet adventure with picturesque views of the Niagara Escarpment. Experienced guides will walk your class through everything from snowshoe rentals and equipment, to identifying tracks made by the assorted wildlife species who call our surrounding wilderness home.

CURRICULUM CONNECTIONS

[Health & Physical Education 2019](#)



Ontario
Curriculum



A. Social-Emotional Learning Skills

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;

B. Active Living

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;

C. Movement Competence: Skills, Concepts, and Strategies

1. 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.

Cross Curricular Connections: [Language 2023](#)

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

TEACHING NOTES

BEFORE YOU GO

Learning Goal

Students learn to enhance their locomotor competence and teamwork skills.

Minds On Activity:

- Divide the class into groups of 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 teams of 5 - 10 for a team walk activity.
- Have the team members stand heel to toe, with each student's heel touching the toes of the student behind them at all times.
- On the signal to begin, ask the teams to move through a designated path (e.g. straight line, obstacle course) ensuring the students stay in heel-toe contact the entire time.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Encourage students to use the teamwork skills developed to support their peers throughout the Guided Snowshoe experience.

ONCE YOU GET BACK

Consolidation Activity

Lead a class discussion using the following prompts:

- *What were some of the physical and mental well-being benefits you experienced during the excursion?*
- *What did you notice about the class and the relationships between classmates during the pre-trip activity compared with after the Blue Mountain Guided Snowshoe Activity?*
- *How important is it to understand the personalities within the group to enhance team performance? Explain.*