

GLOBAL COMPETENCIES

Collaboration
Communication
Critical thinking and problem solving
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Chart Paper
Paper - 8.5X11
Computer
Internet access
Projector and screen
Variety of equipment to create a
challenge course (e.g. pylons, skipping
ropes, hula hoops)

CANOPY CLIMB NET ADVENTURE

Junior Level

ACTIVITY DESCRIPTION

Students reach new heights and experiences in the ultimate tree fort. Participants scramble from tree to tree high above the forest floor using suspended rope nets, slides, treehouses and watchtower -- providing the perfect setting for a variety of activities.

CURRICULUM CONNECTIONS

Health & Physical Education



Ontario
Curriculum



- 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 (A1.1, A1.2, A1.3, A1.6)
- 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 (B1.1, B1.2)
- B3.** demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1, B3.2)
- 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 (C1.1, C1.2, C1.3)

BEFORE YOU GO

Learning Goal

Students learn to move in a variety of ways by exploring various combinations of locomotion movements and the transferring of weight by controlling their height and distance.

Minds On Activity

- Have students work in groups of 4-5. Provide each group with a sheet of chart paper and a marker, then have them write the word 'Movement' in the middle of the page.
- Show the Blue Mountain [Canopy Climb Net Adventure video](#) to the whole class. Use the following teacher prompts and provide 2-3 minutes for groups to write down their answers:
 - *When you watch the video, think about all the different movements you see. Record these movements on a web on your group's chart paper (e.g. jump, balance, walk).*
 - *After watching the video, share some other movements that you predict you can safely do at the Canopy Climb Net Adventure, that you didn't see in the video. Add these to the web on your group's chart paper.*
- In their groups, using the back of the chart paper, have students create and draw their own challenge course that includes at least 4-5 of the movements they included in their web. Students must include equipment available at your school, e.g. pylons, skipping ropes, hula hoops, steppers, bean bags.

Action Activity

- Provide the groups equipment from the Materials List that is readily available at your school.
- In a large playing area (e.g. outside tarmac, field, gymnasium) have groups create their own challenge course.
- Give students the opportunity to try their challenge course and encourage them to make adjustments to include 4-5 of the movements they included in the Minds On Activity.
- Provide the groups with paper and pencils, then have them draw a map showing how participants should move through their challenge course.
- Provide time for groups to teach and try each other's challenge course. Ensure that the groups show the map to their participants before they go through the challenge.
- Teacher prompts and guiding questions:
 - *How could we increase or decrease the challenge in your course?*
 - *How can we make the course more or less competitive?*
 - *How can we safely embed different levels into your course?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will practice their movement skills from the Minds On Activity and learn new skills while at the Canopy Climb Net Adventure.

ONCE YOU GET BACK

Consolidation Activity

- Returning to their groups from the Minds On Activity, students will revisit their movement web.
- Teacher prompts and guiding questions:
 - *After experiencing the Canopy Climb Net Adventure, add any movement skills that are not on your web.*
 - *At the Canopy Climb Net Adventure there were many structures that may have made the challenge course more and/or less challenging such as travelling across a net, stairs and even a slide. On the back of your chart paper, create a new challenge course that includes 4-5 different movements. Include movements that you experienced at the Canopy Climb Net Adventure such as: slide, balance, climb.*
 - *As a group draw two routes through your challenge course: identify one route as an 'easy' way to travel through the course, and one route as a 'challenging' way to travel through the course.*
 - *Give groups the opportunity to share their courses with each other.*