

GLOBAL COMPETENCIES

Collaboration
Communication
Critical thinking and problem solving

INITIATIVE HIGHLIGHT

Mental Health and Well-Being

SAFETY STANDARDS

Chart paper
Markers
Computer
Internet access
Projector and screen

CANOPY CLIMB NET ADVENTURE

Secondary Level

Suitable for: PPL, PAF, PAI, PAD, PLF4M

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



1. demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for the grade

A1. 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 (A1.1, A1.2)

A2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (A2.1, A2.2, A2.3)

A3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (A3.1)

B1. 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 (B1.1)

B2. 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 (B2.1)

TEACHING NOTES

BEFORE YOU GO

Learning Goal

Students will learn to use their locomotor skills to enhance participation and develop social emotional skills.

Minds On Activity

- Use the link provided to show the class the Blue Mountain [Canopy Climb Net Adventure](#) video.
- Ask students to work in pairs to identify key words that could be associated with this Blue Mountain activity (e.g. fun, challenging, tiring, physical, joyful).
- Ask the groups to record the top 6-8 key words, then record each on a its own sheet of chart paper.

Action Activity

- Ask students to move to the sheet of chart paper with the word they feel is most important.
- The groups created by this voting process then have 5-10 minutes to discuss what their chosen word means, and the physical movements they feel best represent the word.
- Instruct students to use their key word and identified movements to create an activity (e.g. tag, relays, timed challenge) for use on the Canopy Climb Net Adventure course when they visit Blue Mountain.
- Have the students record instructions for the activity on a separate sheet of chart paper, then present their ideas to the class.
- Provide class members the opportunity to provide feedback to the presenters in order to address issues related to safety, participation and fun.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will put into practice the activity they created during the Action Activity while participating in the Canopy Climb Net Adventure course.

ONCE YOU GET BACK

Consolidation Activity

- Ask each student to respond to the following questions after participating in the Canopy Climb course at Blue Mountain:
 - *Did you think that your activity was effective? Why or why not?*
 - *Keeping in mind the rules/strategies and modifications that you used in your game, identify and explain one thing you would do again, an one thing you would do differently.*
 - *Identify and explain one of the challenges that you faced with your peers while participating in your game. How could this have been avoided? Explain.*