

GLOBAL COMPETENCIES

Collaboration
Global citizenship and sustainability
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Pen
Pencil
Paper or notebook
Equipment for fitness stations

GUIDED BIKE TOUR

Intermediate Level

ACTIVITY DESCRIPTION

Enjoy breathtaking views of Georgian Bay and the surrounding area as your students explore and learn about the local trail network during this **1 or 2 hour** bike tour. Includes cross-country bike and helmet rental.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



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, B1.3)

B2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (B2.2, B2.3, B2.4)

B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1)

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)

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 (C2.1)

BEFORE YOU GO

Learning Goal

Students will focus on developing each their own personal fitness to support sustained participation in moderate to vigorous physical activity, such cycling, to the best of their ability.

Minds On Activity

- Use the inquiry questions below to explore some of the potential issues affecting today's youth and strategies that may help to support a more active population.
 - *Why are activities more enjoyable when you can participate at a level that is challenging but not too difficult as to exclude people?*
 - *How do you know that you are being active to the best of your ability when participating in physical activities?*
 - *How do you use training principles, such as the frequency and intensity of your workout, timing and activity type to improve your cardiorespiratory fitness. What are some things you can do to develop your fitness?*

Action Activity

- Ask students to develop, implement and revise a personal plan to meet short and long-term fitness and physical activity goals. Remind students that they will be using their personal goals to help prepare for the Blue Mountain cycling experience. Students should then consider what they can do differently during class and free time to accomplish this. To support students' personal fitness goals, make available the following where possible: aerobic fitness circuits, group warm-ups, fitness stations, etc.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Ask students to reflect on their personal fitness goals before and during the Blue Mountain Guided Bike Activity. Also to consider revising their short and long-term personal fitness plan based on their experience.

ONCE YOU GET BACK

Consolidation Activity

- Ask students to reflect on their efforts to prepare for the activity, and their actual experience during the Guided Bike Tour.
- Lead a class discussing on the following topics:
 - *What surprised you the most about preparing to participate in the Blue Mountain experience?*
 - *Based on this experience, how will you adjust your behaviours and attitudes when it comes to improving your overall physical fitness and physical activity habits?*
 - *Do you think that you will be able to maintain the current level of fitness and physical activity for the remainder of the year? Explain why or why not?*
- Ask students to create a personal fitness journal and respond to the following:
 - *Is your goal long term or short term?*
 - *How do you know that your goal is realistic?*
 - *How will you know if you have achieved your goal?*
 - *What will help help you achieve your goal?*
 - *Identify one thing that might prevent you achieving your goal. How can you ensure that this won't become a problem?*