

## GLOBAL COMPETENCIES

Learning to learn/self-awareness and  
self direction

## INITIATIVE HIGHLIGHT

Healthy Schools  
Mental Health and Well-Being

# GUIDED BIKE TOUR

Junior 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



- 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)
- 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)

# BEFORE YOU GO

### Learning Goal

Students learn about the importance of bike and road safety, as well as common precautions for preventing accidents and injuries, including concussions, while participating in this physical activity.

### Minds On Activity

- Lead the class through a discussion about bike and road safety:
  - *Think about the last time you rode a bike. Did you remember to wear a helmet?*
  - *How does a helmet keep you safe? What could happen if you fell off your bike and hit your head when you weren't wearing a helmet?*
  - *Where are the safest places to ride a bike?*
  - *What kind of clothes should you wear while bike riding?*
  - *How can hand signals help to keep you safe on your bike?*

### Action Activity

- Guide students through a conversation about safe ways to communicate when sharing the road with cars and/or other riders. Possible guiding questions:
  - *If you're riding a bike, how can you tell someone behind you where you are going? (Answer, using hand signals).*
  - *Teach students the 3 basic hand signals: left turn, right turn, and stop.*
  - *Take students on a nature walk in your school community. When approaching any turns, ask students to demonstrate which hand signal they would use if they were on a bike.*

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# WHILE YOU ARE THERE

### At Blue Mountain Resort

- Students will explore and learn about trail riding while on a guided bike tour.

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# ONCE YOU GET BACK

### Consolidation Activity

- Lead the students through a discussion about the skills and strategies they needed in order to be successful during the guided bike tour at Blue Mountain. Possible answers:
  - *Riding on uneven surfaces.*
  - *Knowing when to switch gears.*
  - *Balancing on your bike.*
  - *Slowing down on your bike.*
  - *Using your brakes appropriately.*
  - *Knowing how to keep a safe distance from other riders.*
  - *Using hand signals.*
- Talk about the terms 'stars' and 'stairs' with students:
  - *Stars - Skills that you are successful and good at. It comes easy to you.*
  - *Stairs - Skills that you have a challenge with. You need more time and practice in order to get better at it.*
- Give students the opportunity to think about their experience at the guided bike tour at Blue Mountain. Have students record on a sheet of paper their personal 'stars' and 'stairs' reflection on the skills and strategies used during the guided bike tour.