

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:

Active Healthy Kids Report (2013) -
[Are We Driving Our Kids To Unhealthy
Habits](#)

ParticipAction Report Card (2018) -
[Canadian Kids Need to Move More to
Boost Their Brain Health](#)

GUIDED BIKE TOUR

Secondary Level

Suitable for: PPL, PAF, PAI, PAD

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. 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)

BEFORE YOU GO

Learning Goal

Students will focus on developing 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

→ Share the following statistics with students:

While 62% of 3 to 4-year-olds are reaching their recommended physical activity levels as outlined in the **Canadian 24-Hour Movement Guidelines for the Early Years**, only 35% of 5- to 17-year-olds are achieving the recommended activity levels for their age group. We also know that 76% of 3- to 4-year-olds and 51% of 5- to 17-year-olds are engaging in more screen time than is recommended by the **Canadian Guidelines for screen-based sedentary behaviours**. (ParticipAction Report Card 2018)

As indicated in the above quote, Canadian youth are not meeting the recommended activity levels for their age group and overall in recent years have scored the following: D- for Overall Physical Activity; F for Sedentary Behaviour; D for Active Transportation.

Action Activity

- Use the following inquiry questions to explore some of the potential issues affecting today's youth and strategies that may help to support a more active population.
 - *Social or cultural factors sometimes influence the way we think about physical activity and the opportunities we have for physical activity. Can you give me an example of how different backgrounds could encourage or limit participation? Can you suggest how a person might deal with some of these limitations and still remain active?*
 - *Think about some of the strategies that you might use to help you achieve your physical fitness goals. What strategies have helped you maintain your commitment to exercising and reaching your goals?*
- Ask students to use what they have learned from this discussion to set goals for themselves in preparation for the Guided Bike Tour at Blue Mountain.
- Students will use their personal goals to build an appropriate training plan during both their HPE course (e.g., fitness unit, physical activity time) and their personal time to help them prepare for the Blue Mountain experience. Each student's training plan should demonstrate how the various activities will support the development of their health related fitness (e.g., cardiorespiratory, muscular endurance, muscular strength, flexibility).

WHILE YOU ARE THERE

At Blue Mountain Resort

- During and after the Guided Bike Tour, students will reflect on their personal fitness goals, then consider revising their goals and personal fitness plans.

ONCE YOU GET BACK

Consolidation Activity

→ Share the following statement with students:

As Canada's physical activity levels hover around a grade of "D", supports such as active transportation (i.e. walking, bike riding, skateboarding) are also in the "D" range. The social norm in Canada is to drive kids to school and other places, rather than let them bike or walk. (ParticipAction Report Card 2013)

→ Ask student to reflect on the following:

- *Considering the Guided Bike Tour, and your efforts to prepare for the activity, how can you begin to change the attitude of your parents and peers?*
- *Will young people be less likely to use active transportation for school travel if their parents think driving their kids will save them time, is more convenient, and helps to mitigate road and neighbourhood safety concerns?*

→ Have students choose a goal related to their personal fitness or physical activity level, then record their thoughts using a 3-2-1 reflection format:

3 - things I learned about myself and my activity levels during this experience

2 - interesting things I learned about my ability to be active and complete this experience

1 - thought I have that might support a more active community