

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Markers
Chart paper
Computer
Internet access
Projector and screen

GUIDED SNOWSHOE

Junior Level

ACTIVITY DESCRIPTION

Students will explore the backcountry snowshoe trails of Ontario on a quiet adventure with picturesque views of the Niagara Escarpment. Experienced guides will walk your class through everything from snowshoe rentals and equipment, to identifying tracks made by the varied wildlife species who call the surrounding wilderness home.

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 will learn about the history of snowshoeing, as well as the skills and concepts required to participate in this physical activity.

Minds On Activity

- Lead the students through a KWL (Know, Want to Know, Learned) chart as a whole class activity. Only complete the K and the W. Guiding questions:
 - *What do you know about snowshoeing?*
 - *Where have you seen this activity?*
 - *Why do you think people use this kind of equipment.*
 - *What interests you about this activity?*
 - *How do you think it helps people who choose to wear snowshoes?*
 - *Why do they choose to wear snowshoes?*
- Share the history of the sport of snowshoeing by showing this [History Of Snowshoe](#) video.
- The North American Indigenous Peoples used the snowshoe to help them travel easily in the winter.
 - The purpose of the snowshoe is to allow a person to walk over deep snow without sinking.
 - The various styles of snowshoes evolved because of specific needs of different terrains and the availability of wood types to construct the frames. Snowshoes were very useful in the fur trade as much of the fur trapping was conducted in the winter.

Action Activity

- Show students the Blue Mountain [Guided Snowshoe Activity](#) video.
- Create a 3 column anchor chart for each group with headings: I See, I Think, and I Wonder.
- After viewing the video, have students work in groups of 4-5 to complete their I See/I Think/I Wonder anchor charts.
- When completed, post the anchor charts and have groups rotate around the class to perform a gallery walk.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will participate in a guided snowshoeing adventure, providing the opportunity to explore nature and the living species that share the winter trails.

ONCE YOU GET BACK

Consolidation Activity

- Lead the students through a discussion about the skills and strategies required to be successful during the Guided Snowshoe Activity at Blue Mountain. Possible answers:
 - *Walking on uneven surfaces.*
 - *Side stepping on a hill/slanted surface.*
 - *Knowing how to keep a safe distance from other snowshoers.*
 - *Moving with control at a slow or fast pace.*
 - *Dressing appropriately during the winter season.*
- 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 snowshoeing trail. Have students record on a sheet of paper their personal 'stars' and 'stairs' reflection on the skills and strategies used during the trip.