

## GLOBAL COMPETENCIES

Learning to learn/self-awareness and  
self-direction

## INITIATIVE HIGHLIGHT

Healthy Schools  
Mental Health and Well-Being

## MATERIALS

Markers  
Chart paper  
Paper  
Pens/Pencils  
Computer  
Internet access  
Projector and screen

# GUIDED SNOWSHOE

## Primary 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)

## TEACHING NOTES

### 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

- 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. Share the following information:
  - *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.
- Have students work in groups of 4-5.
- Create a 3 column anchor chart for each group with headings: I See, I Think ,and I Wonder.
- After viewing the video, have each group complete the 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 they needed in order to be successful at the guided snowshoeing at Blue Mountain Resort.
- 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 guided snowshoe trail. Have students record on a sheet of paper their personal 'stars' and 'stairs' reflection on the skills and strategies used during the trip.