

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

[Ophea Playsport](#) resource

HIKE N TUBE

Junior Level

ACTIVITY DESCRIPTION

A gentle introduction to the Mountain, snow tubing provides students with an authentic downhill experience in a safe outdoor environment without the speed and equipment associated with skiing and snowboarding. This physical activity is a great introduction to other winter sports such as downhill and cross-country skiing.

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)
- B2.** demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (B2.3)
- 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 relationship between the enjoyment of physical activities and the level of exertion required to engage in these activities.

Minds On Activity

- While students are sitting down, have students assess their level of physical activity, through these simple guiding questions:
 - *Place one hand on the left side of your chest, over your heart. Show me with your other hand how slow or fast your heart is pumping.*
 - *Place one hand in front of your mouth so you can feel your breath. Are you breathing slow and fast?*
 - *Feel your forehead and/or back of the neck. Do you feel cold/warm/hot?*

Action Activity

- Refer to the [Ophea Playsport](#) resource and choose any game under the 'Individual Pursuits' game category for Junior students.
- Play the chosen game in an open space (e.g. gymnasium, outdoor tarmac, field).
- Have students assess their level of physical activity post game, using these simple guiding questions:
 - *Place one hand on the left side of your chest, over your heart. Show me with your other hand how slow/fast your heart is pumping.*
 - *Place one hand in front of your mouth so you can feel your breath. Are you breathing slow and fast?*
 - *Feel your forehead and/or back of the neck. Do you feel cold/warm/hot?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will participate in a winter activity — snow tubing. This is a fun physical activity during the winter season that not only brings smiles, but also increases heart rate.

ONCE YOU GET BACK

Consolidation Activity

- Take students through the following guiding questions:
 - *What was easy and/or challenging about snow tubing?*
 - *Describe what happens to your heart rate and breathing when participating in snow tubing? Explain why.*
 - *What does 'being in control' look/sound/feel like in snow tubing?*
 - *What does 'safety' look/sound/feel like in snow tubing?*
 - *How can this winter activity be considered a 'high intensity' activity?*
 - *What did you enjoy about this physical activity?*
 - *Why is it important to participate in physical activity everyday throughout the year?*