

GLOBAL COMPETENCIES

Communication
Critical thinking and problem solving
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Markers
Chart paper

PLUNGE! AQUATIC CENTRE

Intermediate Level

ACTIVITY DESCRIPTION

Plunge! is the ultimate four-season water adventure featuring indoor and outdoor swimming pools, indoor water playground, hot tubs, rope swings, docks and water slides. Students can create their own water games utilizing the various elements in the facility. Plunge! accommodates swimmers of all ages and levels, with Certified Life Guards on site to ensure a safe and fun environment for all students.

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 (A1.5, A1.6)

B3. demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1, B3.2)

D1. demonstrate an understanding of factors that contribute to healthy development (Gr7: D1.2)

D2. demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being (Gr7: D2.2/Gr8: D2.2)

BEFORE YOU GO

Learning Goal

Students will learn about personal safety, injury prevention, making healthy choices, and connections for healthy living when participating in water activities.

Minds On Activity

- With students seated at their desks, ask the class a series of questions about their experiences in water.
- Explain that, if a statement is true for a student, they should stand. If the statement is not true for the student, they should remain seated. This activity will allow both the teacher and students to gauge the swimming experience of the group. Guiding questions:
 - *Have you ever gone swimming in a pool?*
 - *Have you ever played at a beach or at a lake/pond?*
 - *Can you swim in the deep end of a pool?*
 - *Have you taken swimming lessons?*
 - *Can your parents swim?*
 - *Can your siblings swim?*

Action Activity

- As a class, brainstorm a list of water-related activities and record on chart paper.
- Organize the class into groups of 3-4 students and give them a sheet of chart paper and marker.
- Ask each group to choose one of the water-related activities generated in the class brainstorm, then respond to the following questions on the chart paper provided:
 - *What risks are associated with your chosen water activity?*
 - *What rules should be followed when participating in this activity to keep you safe and prevent injury?*
 - *Are there members of the community or professionals that can help to keep you safe during this activity?*
 - *Identify ways in which participants can reduce the potential for injury when participating in this activity.*
 - *Create a safety-related slogan and unique symbol that could be used to increase awareness about safety concerns for your chosen activity.*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will participate in a variety of indoor and outdoor water activities including swimming, use of rope swings, water slides and more.

ONCE YOU GET BACK

Consolidation Activity

- After the visit to the Plunge! Aquatic Centre lead the class in the following discussion:
 - *What did you enjoy most about the Plunge! experience? Why?*
 - *Did you notice any safety protocols in place at the facility?*
 - *Are there any swimming centres in your community?*
 - *What type of skills do you need in order to stay safe in an unknown water environment?*