

## GLOBAL COMPETENCIES

Learning to learn/self-awareness and  
self-direction

## INITIATIVE HIGHLIGHT

Healthy Schools  
Mental Health and Well-Being

## MATERIALS

Chart paper  
Markers

# MOUNTAINTOP SEGWAY TOUR

Secondary Level  
Suitable for: PLF 4M

## ACTIVITY DESCRIPTION

Pilot a Segway device around the top of Blue Mountain's vast wooded terrain with Mountaintop Segway Tours. Enjoy this scenic off-road trek along the top of the Niagara Escarpment with your class. A trained tour guide will show participants the way as you operate a "two-wheeled" Segway transportation machine and take in the views of Blue Mountain Village and Georgian Bay. Ages 16 plus.

## CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario  
Curriculum



**B1.** identify and explain the benefits of lifelong participation in active recreation and healthy leisure, and demonstrate an understanding of factors that enable and constrain participation in active recreation and healthy leisure activities (B1.1, B1.2, B1.3)

# BEFORE YOU GO

### Learning Goal

Students will gain an understanding and appreciation of how active recreation and leisure time within our society contributes to healthy living.

### Minds On Activity

- Lead a class discussion around the statement: *'Active recreation and healthy leisure pursuits are of great benefit to both individuals and their communities'*. Suggested prompting questions:
  - *Ask students to define the terms 'recreation' and 'leisure' in their own words.*
  - *How are active recreation and healthy leisure activities similar to each other and what is the fundamental difference between them?*
  - *How does each type of activity contribute to healthy living?*
  - *Does technology have an impact on the choices people make in their recreation and/or leisure pursuits?*
  - *Using the definitions discussed, ask students to create a list of their favourite recreation and leisure pastimes.*

### Action Activity

- Organize the class into small groups (4-5 students) and provide each with chart paper and markers.
- Ask students to close their eyes and imagine they are flying over an ideal community that places a high value on recreation and leisure, and has subsequently developed a variety of activities for both categories.
- Have each group discuss and share their vision for this ideal community. As a group, draw the community on the chart paper provided. In addition to the questions discussed during the Minds On Activity remind students to consider the following:
  - *Are there activity options for all ages, abilities and interests?*
  - *Is there a way to reduce the community's carbon footprint?*
  - *What other considerations should be taken into account?*
- Ask each group to present their 'Ideal Community' to the class.

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# WHILE YOU ARE THERE

### At Blue Mountain Resort

- During the Mountaintop Segway Tour, students will experience the positive use of technology to enhance recreation and leisure activities.

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# ONCE YOU GET BACK

### Consolidation Activity

Lead a class discussion around the following statement and questions:

*'Active recreation and healthy leisure activities contribute to healthy communities'*.

Prompting questions may include:

- *What can our community do to encourage more people to become engaged in active recreation and healthy leisure opportunities?*
- *Why is it important for people to remain involved in a variety of activities at each stage of their lives?*
- *What encourages you to participate in active recreation, and what helps to keep you involved?*