

GLOBAL COMPETENCIES

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

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Markers
Chart paper
Computer
Internet access
Projector and screen

WOODLOT LOW ROPES

Junior Level

ACTIVITY DESCRIPTION

An exciting aerial climbing challenge for all levels of ability. Woodlot's three self-guided courses consist of 25 different elements, including ropes, logs, beams, cables, cargo nets and more. Climbers will gain greater confidence as well as utilize their critical thinking and problem-solving skills to find creative solutions to unique challenges. Harnesses and helmets provided.
Duration: 1 hour

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 (A1.4, A1.5, 1.6)
- 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)
- C1.** perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities (C1.1, C1.2, C1.3)

BEFORE YOU GO

Learning Goal

Students will learn about locomotor movements and about working together through a variety of physical challenges.

Minds On Activity

- Show the Blue Mountain [Woodlot Low Ropes video](#). Lead the class through a discussion with the following guiding questions:
 - *What are your expectations about this trip?*
 - *Describe your feelings when you watch this video?*
 - *What are you excited about? What are you nervous about?*
 - *What are you interested in learning when you go to this facility?*

Action Activity

- Write the following learning goal on chart paper: *We are learning how to work together through challenges.*
- Have students participate in a Human Knot Activity as follows:
 - Organize students into groups of 4-5.
 - Have each group form a circle and then reach across the circle to hold the hand of another student.
 - Continue this until everyone in the circle is holding the hands of two different students. Students will have now created their human knot.
 - The objective of this game is for the students to work together to untangle the knot so that every student is standing in the circle, facing forward, and holding the hands of the students to their immediate left and right, all while not letting go of anyone's hands.
- Revisit the learning goal as a class. Possible guiding questions:
 - *What does the word 'challenge' mean? What makes an activity a challenge?*
 - *What does working together mean in this game?*
 - *Describe some of the ways you worked together to untie your knot.*
 - *What are some phrases and/or words you used in this activity that demonstrate teamwork?*
- Advise the students that the skills and strategies developed in this activity will help them during the Woodlot Low Ropes Activity.

WHILE YOU ARE THERE

At Blue Mountain Resort

Students will be taught in progression the skills that are required to move safely through the low ropes challenge course. They will then have the opportunity to go through a series of self-guided courses that showcase 25 different elements, applying the skills and strategies they were taught in the pre-trip activity.

ONCE YOU GET BACK

Consolidation Activity

- As a class, review the experience at the Woodlot Low Ropes course. Possible guiding questions:
 - *What did working together look like, sound like and feel like?*
 - *How did working together in this activity contribute to success?*
 - *If you were to go again, what would you hope to do differently?*
 - *Which part of the low ropes course was easy for you? Describe why.*
 - *Which part of the low ropes course was hard for you? Describe why.*