

GLOBAL COMPETENCIES

Collaboration
Innovation, creativity, and
entrepreneurship
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Paper
Pencils
Markers
Chart paper
We're Going on a Bear Hunt Story
A variety of equipment for building an
obstacle course (e.g. skipping ropes,
different sized pylons, steppers)

WOODLOT LOW ROPES

Primary 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 (A1.5)
- 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

- Get students excited by asking them if they have ever been on a bear hunt. Possible guiding questions:
 - *If you were to go on a bear hunt, where do you think you would find a bear?*
 - *What type of environment do you think bears live in?*
 - *What feelings do you think you would experience while on a bear hunt?*
- Read or sing to the class the story *We're Going On a Bear Hunt* (several versions are available online).

Action Activity

- As a class, discuss the various locomotor movements referenced in the story (e.g. walk, run, climb). You may want to recount the story on chart paper so that students can see the story sequence.
- Have students work in groups of 4-5. Provide students with a paper and pencil.
 - Have students recreate the story into an obstacle course using the equipment from the Materials List. For example, students walk through a pattern of pylons to go through the grass, jump over a series of skipping ropes to jump across the river.
 - Direct students to draw a map on their sheet of paper demonstrating how to move through the obstacle course.
 - Co-create success criteria for the obstacle course (e.g. demonstrate at least 3 locomotor movements, use at least 3 types of equipment, make sure map is clear).
- Have students try the various obstacle courses created by each group.

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 have the opportunity to go through a series of self-guided courses that showcase different elements of locomotion.

ONCE YOU GET BACK

Consolidation Activity

- As a class, review the experience at the Blue Mountain Woodlot Low Ropes course. Possible guiding questions:
 - *Let's look back at the locomotor movement skills we talked about in the Minds On and Action Activities.*
 - *What are some locomotor movements that you used at the Woodlot Low Ropes course? Which were the same as the pre-trip activities? Which ones were different?*
 - *Were there skills you needed to use on the course that you didn't expect to use?*
 - *Which part of the low ropes course was easy for you? Describe why.*
 - *Which part of the low ropes course was hardest for you? Describe why.*
 - *Describe what made the low ropes course fun.*
 - *Describe what made the low ropes course challenging.*