

GLOBAL COMPETENCIES

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

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Computer
Internet access
Projector and screen
Camera or cell phone with camera

OPEN-AIR GONDOLA

Secondary Level

Suitable for: PPL, PAI, PAD

ACTIVITY DESCRIPTION

Experience 360-degree views of Blue Mountain on this gondola ride to the top. The open-air gondola provides perfect photo opportunities as it gently rises above the trails and scenic views. Relax and enjoy the ride over the heart of Blue Mountain Village while taking in a spectacular view of Georgian Bay and the Niagara Escarpment.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



1. Demonstrate personal and interpersonal skills and the use of critical and creative thinking processes as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for the grade

C1. Demonstrate an understanding of factors that contribute to healthy development (Gr 9:C1.1,C1.3/Gr 10:C1.1, C1.2/Gr11:C1.2)

C2. Demonstrate the ability to apply health knowledge and living skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being (Gr10:C2.3/Gr12:C2.3,C2.5)

C3. Demonstrate the ability to make connections that relate to health and well-being - how their choices and behaviours affect both themselves and others, and how factors in the world around them affect their own and others' health and well-being (Gr9:C3.2/Gr11:C3.4,C3.5)

BEFORE YOU GO

Learning Goal

Students will learn to identify choices and behaviors that support the development of physical and mental health, emotional and spiritual well-being.

Minds On Activity

- Have a discussion around the statement;
 - *Health is holistic in nature, which means that there is a strong connection between our physical health and our mental, emotional, and spiritual well-being.* (HPE Curriculum Document 2015)
- Use the link provided to show the students the [Blue Mountain Open-Air Gondola video](#).
- While watching the video ask students to make a list of words that connect with positive mental health and well-being.
- When complete, ask students to form groups of 3-4 and categorize the words from their lists into the four categories of holistic health: physical, mental, emotional and spiritual.

Action Activity

- There are many intrinsic and extrinsic factors that can influence the health and well-being of a person. Ask students to prepare for the trip as follows:
 - *Using their phone camera or personal camera, capture a scene that visually represents something that motivates them to pursue a healthy, active life.*
 - *Select a quotation that motivates or speaks to the intrinsic or extrinsic factors they feel support a healthy, active life.*
 - *Have the students combine their quote and image to create a motivational tool that supports one or more aspects of leading a healthy and active life (e.g. resiliency, mental health, self-esteem, building positive relationships, communication skills, decision making etc.).*

Accommodations/Modifications

- Allow students to express their ideas in a variety of presentation formats (e.g. PowerPoint presentation, collage, hand drawing etc.).

WHILE YOU ARE THERE

At Blue Mountain Resort

- Remind students to consider aspects of the activity that support holistic health. Instruct students to take photos of scenes that motivate them to pursue a healthy and active life.

ONCE YOU GET BACK

Consolidation Activity

- Ask students to consider the following statement:
 - *Learning in Health and Physical Education is balanced, integrated and connected to real life.*
- Have students choose a photo from their Blue Mountain gondola experience and write a brief reflection on how the scene they captured reflects their holistic health
- Ask students to connect the image with their quote from the pre-trip activity.
- Ask students to write a brief reflection explaining how the new photo combined with their quote supports holistic health.
- Have students post both their photo, quote and reflection around the classroom.
- Ask the class to engage in a Gallery Walk to view each other's creations.

Accommodations/Modifications

- Some students may prefer to speak about their reflections rather than write them down. In this case, have the students present during the Gallery Walk.