

GLOBAL COMPETENCIES

Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Computer
Internet access
Projector and screen

GUIDED HIKE

Junior Level

ACTIVITY DESCRIPTION

Take your class on an educational hiking adventure at Blue Mountain! Your knowledgeable guide will walk students through the highlights and history of the region. Students will enjoy breathtaking views and plenty of opportunities to capture amazing photos along the way. Duration 1.5 hours

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 (A1.1)

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, B 1.2)

B2. demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (B2.1, B2.2, B2.3)

BEFORE YOU GO

Learning Goal

Students learn how physical activity can help manage emotions, as well as understand how daily physical activity contributes to their overall physical and mental well-being.

Minds On Activity

- Watch the Ophea [DPA Everyday - Student Family](#) video.
- Lead students through the following guiding questions:
 - *How do you know when you need physical activity?*
 - *What does physical activity look like, sound like, and feel like for you?*
 - *How do you incorporate physical activity into your daily routine before and after school?*
 - *What content from the video are you most curious about?*

Action Activity

- Lead the class through a physical activity game chosen from the Ophea [Playsport](#) website.
- Lead the students through a post-activity discussion, guiding questions could include:
 - *Describe how you feel before, during, and after physical activity.*
 - *What impact does physical activity have on your ability to learn and participate in class?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students engage in a guided hike on Blue Mountain and explore the natural wonders of the Niagara Escarpment while participating in extended physical activity.

ONCE YOU GET BACK

Consolidation Activity

- Going on a hike or even a walk around your neighborhood is a great way to embed physical activity into your day.
- Take students through the following guiding questions:
 - *Describe what types of physical activities you enjoy doing in your free time.*
 - *What connections are you making between physical activity and your school day? Your life outside of school?*
 - *How will you advocate for and inspire others to participate in daily physical activity in your class, school, and community?*
 - *Why is physical activity important to you?*
 - *How can physical activity help you in your everyday life (e.g. physically, socially, emotionally, mentally)?*