

GLOBAL COMPETENCIES

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

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Markers
Chart paper
11x17 paper
Coloured pencils

PLUNGE! AQUATIC CENTRE

Junior Level

ACTIVITY DESCRIPTION

Plunge! is the ultimate four-season water adventure featuring indoor and outdoor swimming pools, indoor water playground, hot tubs, rope swings, docks and water slides. Students can create their own water games utilizing the various elements in the facility. Plunge! accommodates swimmers of all ages and levels, with Certified Life Guards on site to ensure a safe and fun environment for all students.

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, A1.6)
- B3.** demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1, B3.2)
- D1.** demonstrate an understanding of factors that contribute to healthy development (Grade 5, D1.1)
- D2.** demonstrate the ability to apply health knowledge and social-emotional learning skills to make reasoned decisions and take appropriate actions relating to their personal health and well-being (Grade 4 & 5, D2.2)
- D3.** 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 (Grade 6, D3.2)

TEACHING NOTES

Learning Goal

Students will learn about personal safety and injury prevention, making healthy choices and connections for healthy living when participating in water activities.

Minds On Activity

- Lead the class into a discussion about their experience with swimming.
 - *Have you ever gone swimming in a pool? What are some rules you need to follow in a pool?*
 - *Have you ever swam at a beach or at a lake/pond?*
 - *Why do some swimming facilities have lifeguards? What are their responsibilities?*
 - *What are some potential risks when participating in swimming activities?*
- Lead the class into a discussion about safe water play.
 - *Create a list of water activities that you know of and/or have participated in (e.g. splash pad, swimming pool, hot tub, etc.).*
 - *All of these activities can be fun, however there are steps that we must take to prevent injuries.*
 - *List some of the potential injuries that can happen during a water activity (e.g. drowning, slipping, concussion).*

Action Activity

- Have students work in groups of 4-5 and ask them to choose one of the water activities listed in the Minds On Activity.
- Then list steps that they can take in order to prevent injury when participating in that water activity. Examples include:
 - *Ensure a trusted adult knows that you will be participating in this activity.*
 - *Understand the rules of the activity.*
 - *Be aware of your ability level.*
- Provide each group an 11x17 paper and have groups create a poster promoting their chosen water activity, along with associated rules to prevent injury.
- As a class, co-create a success criteria for the poster. For example:
 - *Include a title*
 - *Safety steps are clearly identified*
 - *Detail in the drawing*
 - *Detail in the messaging*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will participate in a variety of indoor and outdoor water activities including swimming, use of rope swings, water slides and more.

ONCE YOU GET BACK

Consolidation Activity

- After the visit to the Plunge! Aquatic Centre lead the class in the following discussion:
 - *What did you enjoy most about the Plunge! experience? Why?*
 - *Did you notice any safety protocols in place at the facility?*
 - *Are there any swimming centres in your community?*
- Teacher suggestion:
 - Connect families with your local Parks & Recreation Department to find community swimming activities.