

GLOBAL SKILLS

Collaboration
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Mental Health and Well-Being
Healthy Schools

MATERIALS:

Markers
Chart paper
Computer
Internet access
Projector and screen

RIDGE RUNNER MOUNTAIN COASTER

Secondary Level
Suitable for PSK4U Level

ACTIVITY DESCRIPTION

Glide gently along the one-kilometre track and tour the beautiful Blue Mountain terrain, or turn it into a thrill ride with speeds up to 42 km/hour! Ridge Runner is a simple and equipment-free favourite for all ages. We'll keep you on track but as with most things at Blue Mountain you are the driver and fully in control.

CURRICULUM CONNECTIONS

[Health & Physical Education](#)



Ontario
Curriculum



C1. demonstrate an understanding of the phases of movement and of the physical laws and biomechanics principles related to improving movement (C1.1, C1.3)

TEACHING NOTES

Learning Goal

Students will gain a better understanding of Newton's Laws of Motion as they relate to human performance and the impact they have on the body. Newton's Laws include: the law of inertia, the law of acceleration, and the law of reaction.

Minds On Activity

- Show students this [Newton's Laws of Motion video](#) to help them gain an understanding of these laws.
- Students should make notes during the video to help them summarize their understanding of the three universal laws.

Action Activity

- All movement can be understood in the context of external and internal forces. Have students construct a table as indicated below:

Newton's Law	Physical Activity or Sport	Rationale

- Using their notes and chart, have students complete the following in their notebooks:
 - Write Newton's Law of Motion in their own words.
 - Provide example(s) of a physical activity or sport that demonstrates the law.
 - Write a brief explanation about how the physical activity or sport in the second column demonstrates how the law works.

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will have the opportunity to explore the impact of Newton's laws as they drive the Ridge Runner to determine how their speed and external forces can affect motion.

ONCE YOU GET BACK

Consolidation Activity

- Show students the Blue Mountain [Ridge Runner Mountain Coaster video](#) experience.
- Ask students to identify and describe an example of how they saw each of Newton's three Laws of Motion in action.
- Ask students to explain how each law was directly responsible for the speed at which they were able to travel while on the Ridge Runner.