

GLOBAL COMPETENCIES

Collaboration
Critical thinking and problem solving

INITIATIVE HIGHLIGHT

Mental Health and Well-Being

MATERIALS

Markers
Chart paper
Variety of materials from the PhysEd
Equipment Room to create a mini putt
hole (e.g. cups, golf balls, pylons,
nets, pins, etc.).

CASCADE PUTTING COURSE

Secondary Level

Suitable for: PPL, PAI

ACTIVITY DESCRIPTION

Students test their golfing skills at the Cascade Putting Course. The course offers bunkers and water hazards just like a full-size course, but on a smaller scale. Situated at the base of the Niagara Escarpment, this 18-hole, par-67 putting course is landscaped with a limestone backdrop, waterfalls and inspiring features that highlight the beauty of the natural surroundings and panoramic views. This is a great activity for students to learn a new sport, as well as apply skills and strategies in a target game.

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 this grade (1.1, 1.3, 1.4, 1.5)

A1. participate actively and regularly in a wide variety of physical activities, and demonstrate and understanding of factors that can influence and support their participation in physical activity now and throughout their lives (A1.1, A1.2)

A3. demonstrate responsibility of their own safety and the safety of others as they participate in physical activities (A3.1)

B1. 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 (B1.1)

B2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities (B2.1, B2.2)

BEFORE YOU GO

Learning Goal

By participating in activities related to mini putt, students enhance personal, interpersonal, creative and critical thinking skills:

- Personal Skills - develop movement competence by assessing technique when performing manipulation skills.
- Interpersonal Skills - communicate effectively within a group to interpret information accurately.
- Critical and Creative Thinking Skills - use a range of thinking skills to analyze successful solutions to mini putt holes.

Minds On Activity

- Use the following Teacher Prompt to identify how participation in an activity like mini putt might support aspects of well-being:
 - *“Mental Health involves finding a balance in all aspects of life. That’s why it’s important to take care of yourself physically, emotionally, socially, cognitively and spiritually”.*
- Create a chart and have the class brainstorm the benefits an activity like mini putt would have on each of the following categories of well-being:

| PHYSICAL | EMOTIONAL | SOCIAL | COGNITIVE | SPIRITUAL |
|----------|-----------|--------|-----------|-----------|
| | | | | |

Action Activity

- Organize the class into small groups of 3 to 4 students, and have them create their own mini putt hole using resources from the PhysEd Equipment Room.
 - Give the students a time limit (approx. 15 minutes) to utilize the available equipment to create a mini putt hole, complete with moving parts and hazards where possible.
 - Have groups assign a par value to their hole and provide the rationale for the value they choose.
 - Have groups demonstrate and explain their hole to the rest of the class in a short presentation (2 to 3 minutes).
 - Allow groups to participate in the resulting mini putt courses for the remainder of the period.

WHILE YOU ARE THERE

At Blue Mountain Resort

- At the Cascade Putting Course students will practice personal, interpersonal, as well as creative and critical thinking skills and strategies learned in their pre-trip activity.

ONCE YOU GET BACK

Consolidation Activity

- Revisit the categories of well-being chart created in the Minds On Activity and have the students rank the categories by their importance to a person’s overall well-being. Ask the students to rank the order of the categories based on their experience on the Cascade Putting Course. Discuss the similarities and differences between the results using the following prompts:
 - *What are some strategies that might be used to improve the areas that are ranked lowest?*
 - *Identify additional activities that might be used to support a person’s well-being.*