

## GLOBAL COMPETENCIES

Learning to learn/self-awareness and  
self-direction

## INITIATIVE HIGHLIGHT

Healthy Schools  
Mental Health and Well-Being

## MATERIALS

[Ophea Playsport](#) resource

# HIKE N TUBE

Primary Level

## ACTIVITY DESCRIPTION

A gentle introduction to the Mountain, snow tubing provides students with an authentic downhill experience in a safe outdoor environment without the speed and equipment associated with skiing and snowboarding. This physical activity is a great introduction to other winter sports such as downhill and cross-country skiing.

## 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, A1.2, A1.3)
- 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, B1.2)
- B2.** demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy, active living (B2.3)
- B3.** demonstrate responsibility for their own safety and the safety of others as they participate in physical activities (B3.1, B3.2)

## TEACHING NOTES

### BEFORE YOU GO

#### Learning Goal

Students will learn about the relationship between the enjoyment of physical activities and the level of exertion required to engage in these activities.

#### Minds On Activity

- While students are sitting down, have students assess their level of physical activity, through these simple guiding questions:
  - *Place one hand on the left side of your chest, over your heart. Show me with your other hand how slow/fast your heart is pumping.*
  - *Place one hand in front of your mouth so you can feel your breath. Are you breathing slow or fast?*
  - *Feel your forehead and/or back of the neck. Do you feel cold/warm/hot?*

#### Action Activity

- Refer to [Ophea](#), [Playsport](#) resource and choose any game under the 'Individual Pursuits' game category for Primary students.
- Play the chosen game in an open space (e.g. gymnasium, outdoor tarmac, field).
- Have students assess their level of physical activity post game, using these simple guiding questions:
  - *Place one hand on the left side of your chest, over your heart. Show me with your other hand how slow/fast your heart is pumping.*
  - *Place one hand in front of your mouth so you can feel your breath. Are you breathing slow or fast?*
  - *Feel your forehead and/or back of the neck. Do you feel cold/warm/hot?*

### WHILE YOU ARE THERE

#### At Blue Mountain Resort

- Students will participate in a winter activity — snow tubing. This fun physical activity during the winter season not only brings smiles, but also increases heart rate.

### ONCE YOU GET BACK

#### Consolidation Activity

- Take students through the following guiding questions:
  - *What was easy and/or challenging about snow tubing?*
  - *Describe what happens to your heart rate and breathing when participating in snow tubing? Explain why.*
  - *What does 'being in control' look/sound/feel like in snow tubing?*
  - *What does 'safety' look/sound/feel like in snow tubing?*
  - *What did you enjoy about this physical activity?*