

GLOBAL COMPETENCIES

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

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Computer
Internet access
Projector and screen

SKIING / SNOWBOARDING

Junior Level

ACTIVITY DESCRIPTION

Blue Mountain is the leading Ontario destination for school trips on the slopes. We offer skiing and snowboarding lessons for beginners and for those with experience looking to improve their skills. Our dedicated School Group Event Managers, Ambassadors and Certified Ski/Snowboard Instructors ensure a smooth and safe trip for all students. We adhere to the OSRA (Ontario Snow Resort Association) rules and recommendations,

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 (A1.2, 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

BEFORE YOU GO

Learning Goal

Students will learn about the importance of wearing a helmet for personal safety and injury prevention, as well as develop an understanding of concussions.

Minds On Activity

- Refer to teaching tools for concussions: [Rowan's Law](#), [Ophea Toolkit for Schools](#) and [Holland Bloorview Hospital, Concussion Education Resources](#).
- Show students the [Safety Tips for Skiing and Snowboarding Kids video](#).
- Lead the class in a discussion about safety protocols required in this activity including:
 - *the importance of wearing a certified helmet*
 - *how to deal with injuries*
 - *how to dress appropriately for winter activities.*

Action Activity

- Lead the class in a discussion about the importance of wearing a helmet. Possible discussion points:
 - *When you are skiing or snowboarding, you are at risk of suffering a serious head injury just as you would be when biking.*
 - *Wearing a helmet when skiing has reduced head injuries such as fractured skulls, facial lacerations, and head lacerations.*
 - *When you wear a helmet and strike your head, the helmet will spread out and absorb the shock wave of the impact.*
- Have students watch [Concussions 101, a Primer for Kids and Parents](#).
- Following the video, lead the class in a discussion about concussions. Possible guiding questions:
 - *What is a concussion?*
 - *What do I do if I suspect I have a concussion?*
 - *Who should I go to for help?*
 - *What are some symptoms of a concussion?*

WHILE YOU ARE THERE

At Blue Mountain Resort

- Students will learn how to ski and snowboard, or to improve their skills if experienced, with qualified staff in a safe environment.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a discussion about their visit to Blue Mountain for skiing/snowboarding:
 - *What did you enjoy most about this activity?*
 - *What did you find most challenging about this activity?*
 - *Are there any places in your community where you can participate in winter snow activities?*
- Teacher suggestions:
 - *Connect families with your local Parks & Recreation Department for more skiing/snowboarding activities.*
 - *Look into future opportunities to bring your class to a skiing/snowboarding or winter activity facility.*