

GLOBAL COMPETENCIES

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

INITIATIVE HIGHLIGHT

Healthy Schools

MATERIALS

Paper
Pencils
Coloured pencils
Computer
Internet access
Projector and screen

WOODVIEW MOUNTAINTOP SKATING

Junior Level

ACTIVITY DESCRIPTION

Try a new outdoor physical activity with your students this winter season. Enjoy skating along the Niagara Escarpment, while taking in a beautiful mountain-top view. We welcome both experienced and new skaters — offering skating aids for those new to this activity.

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 (A1.3, 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)

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)

BEFORE YOU GO

Learning Goal

Students will learn about responsibilities, risks, and safe practices when participating in outdoor ice skating.

Minds On Activity

- Show students the Blue Mountain [Woodview Mountain Top Skating video](#).
- Lead the class through a discussion about skating. Possible guiding questions:
 - *Have you ever skated on ice before? If so, what did you enjoy about it? What did you find challenging?*
 - *After watching the video, what are you excited about?*
 - *What are you nervous/anxious/scared about?*

Action Activity

- Using chart paper and markers, create a T-chart with the following headings: Risks, Responsibilities.
- Lead the class into a discussion that will then populate the T chart:
 - *All activities have some level of risk. For that reason, it is important to understand the risk and take preventative measures.*
 - *What risks do you think come with ice skating (e.g. falling, getting hurt, concussion, losing control)?*
 - *What risks come with ice skating indoors versus outdoors (e.g. weather, uneven surfaces)?*
 - *How can you take responsibility to minimize the risks you have listed (e.g. wearing a certified helmet, dressing properly for the weather)?*
- Provide each student with a sheet of paper and ask them to create a Safe Skating poster to demonstrate their knowledge of risk versus responsibility when ice skating.
- Co-create a success criteria for the poster. For example:
 - Explanatory title
 - Clear messaging
 - Images that reflect the messaging.
- The poster will be finalized in the consolidation activity.

WHILE YOU ARE THERE

At Blue Mountain Resort

Students will participate in outdoor ice skating while enjoying an incredible view of the Niagara Escarpment.

ONCE YOU GET BACK

Consolidation Activity

- Lead the class in a reflection about their experience skating at Blue Mountain.
- Revisit the posters the students created in the pre-trip activity.
- Have students edit and add to their poster to reflect their experience at the Blue Mountain Woodview Mountain Top Skating Activity.