

## GLOBAL COMPETENCIES

Learning to learn/self-awareness and  
self-direction

## INITIATIVE HIGHLIGHT

Healthy Schools

## MATERIALS

Pylons  
Bean bags  
Scrap paper  
Computer  
Internet access  
Projector and screen

# WOODVIEW MOUNTAINTOP SKATING

Primary 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)

**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)

**C1.** 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 (C1.1, C1.2)

# BEFORE YOU GO

### Learning Goal

Students will learn about locomotor movement and how to apply in a variety of ways with and without equipment.

### Minds On Activity

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

### Action Activity

- Place pylons around the playing area.
  - Provide each student with 2 pieces of scrap paper to put under their feet.
  - Lead the class in a locomotor movement activity to simulate skating with the following prompts:
    - *You are in a skating rink, and you have just put on your skates (invite students to place a sheet of paper under each of their feet).*
    - *On the signal to begin, move around the area gliding your feet across the ice (invite students to slide their feet while keeping the paper under their shoes to mimic skating).*
    - *Move your arms in a large swinging motion to show me how you glide on your skates.*
    - *Move your arms in a small swinging motion to show me how you glide on your skates.*
  - Give each student a bean bag to balance on their head.
  - Ask students to glide around the playing area on their skates while balancing a bean bag on their head.
  - If the bean bag falls off, ask the student to freeze. To re-enter the game, another student who has a bean bag on their head can help by picking up the frozen student's bean bag from the floor and placing it back on their head.
- Variations:**
- Increase or decrease the speed of the playing to make it easier or more challenging.
  - Have students work in pairs and hold hands to play the game.
  - Add other obstacles around the playing area to promote students to move around, under, etc.

# 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 during the Woodview Mountain Top Skating Activity.
- Discuss the variety of sports that take place on ice (e.g. curling, speed skating, figure skating, sledge hockey, hockey) with the following guiding questions:
  - *What skills would transfer from your skating experience to the winter sports on ice?*
  - *What is similar?*
  - *What is different?*
  - *Which winter sports on ice are you interested in learning more about? Describe why.*