



SNOWSHOING – GRADE 1

Winter Program Guide

Introduction

At Highlands Nordic, our snowshoe program for Grade 1 students offers an exciting blend of physical activity and outdoor learning. This program encourages students to develop important movement skills, such as balance and coordination, while exploring the snowy trails of the Niagara Escarpment.

Guided by our experienced Outdoor Educators, students will gain confidence moving through the winter landscape on snowshoes. The program also emphasizes winter safety, teamwork, and environmental awareness, all in alignment with Ontario’s Grade 1 Physical Education curriculum, which focuses on building movement competence and promoting active participation.

In addition to general snowshoeing, students can explore one of four themed programs that deepen their understanding of the natural world and essential winter survival skills. These hands-on activities provide a memorable and educational outdoor adventure, supporting both physical and personal development.

Snowshoe Programs

1. Shelter Building: Students work in teams to collect sticks and natural materials to build simple shelters. This program teaches teamwork and problem-solving, along with developing coordination as students gather and construct in the outdoors. This activity fosters cooperation, movement skills, and basic problem-solving—key components of the Physical Education curriculum.

2. Wildlife Walk: During this snowshoe hike, students discover how animals adapt to survive the winter. They’ll look for tracks and other signs of wildlife while learning about the natural environment. Wildlife Walk activity supports physical movement in a natural setting, while also developing observation skills and an appreciation for the environment, aligning with health and active living goals.

3. Wayfaring: Students hike the property in a large group, using simple navigation techniques to collect wayfaring symbols. This activity promotes spatial awareness and safe movement through the winter environment. Wayfaring encourages active participation, coordination, and navigation skills while moving outdoors, supporting the development of movement competence and confidence.



4. Winter Survival: Students learn the basics of staying safe in the winter by understanding how to dress warmly, find shelter, and manage outdoor risks. This snowshoe hike includes lessons in preparation and safety. This program emphasizes safety, physical competence, and environmental awareness, key elements of the curriculum that highlight personal safety and active living.

PLEASE NOTE A MINIMUM OF 1:10 RATIO OF TEACHER/VOLUNTEER TO STUDENTS IS REQUIRED FOR ALL WINTER PROGRAMMING.

Trip Preparation & Tips

Prepare for an unforgettable adventure at Highlands Nordic! Rain or shine, we'll be exploring the great outdoors, so let's make sure we're ready for anything. Here's what you need to know before we dive into our exciting day of exploration:

- ❖ Tall **WINTER BOOTS** are required for snowshoeing. Blundstone's, sneakers or rainboots will not be suitable for snowshoeing.
- ❖ Bring lots of layers! Cozy jackets, a hat, and mitts are a must for outdoor fun
- ❖ Don't forget to pack plenty of snacks to keep our energy levels up for all the adventures ahead.
- ❖ Remember to be respectful of our furry farm animal friends as well as wildlife sites on the property. Keep a safe distance and wait for guidance from Highlands Nordic staff.
- ❖ Stay close to the group as we explore the vast property to ensure a safe and enjoyable experience for everyone.
- ❖ Let's show kindness to our environment by following the Leave No Trace principles, especially since Highlands is situated in a UNESCO world Biosphere.
- ❖ Check out this handy resource to learn more about Leave No Trace principles for kids: <https://www.scouterlife.com/blog/2016/5/11/leave-no-trace-principles-for-kids>