

## **Snowshoeing**

**Description:** Students learn the history and art of snowshoeing. They travel through the woods and discover the animals that travelled there before them. This activity is often coupled with Adventures in Nature.

**Learning Skills: Self-Regulation, Independent Work**

### **Grade 5- 8: Health and Physical Education**

#### **Overall:**

##### Living Skills:

- Personal Skills
- Interpersonal Skills
- Critical and Creative Thinking

##### A. Active Living

- A1. Active Participation
- A2. Physical Fitness
- A3. Safety

##### B. Movement Competencies: Skills, Concepts, and Strategies

- B1. Movement Skills and Concepts
- B2. Movement Strategies