

## **Tobogganing Physics**

**Description:** Using the sled, a hill and themselves students are taught to calculate speed, distance and velocity as well as just having fun tobogganing.

**Learning Skills: Responsibility, Self-Regulation**

### **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