

## Kandalore Outdoor Education Centre Links to Ontario Education Curriculum

### **Introduction**

The following is an outline of the Kandalore Outdoor Education Centre's programs as they relate to the Ontario Curriculum Documents, created by the Ontario Board of Education. All information regarding the Ontario Curriculum has been taken from <http://www.edu.gov.on.ca/eng/teachers/curriculum.html>. We hope that this information will be useful to those teachers, administrators, parents, and students in planning and organizing a trip to Kandalore.

The Kandalore Outdoor Education Centre (OEC) allows visiting students to achieve several components of their Physical Education Curriculum in a safe, fun, and active outdoor setting. **Safety** is our number one priority at the Kandalore OEC. Our qualified and experienced staff plan and prepare each of their lessons, identify and reduce potential and perceived risks, and conduct every lesson with a safety-first focus. Upon students' arrival at Kandalore, and during each of the activity periods, safety procedures and potential hazards are identified and discussed by a Kandalore staff member.

While maintaining this context of safety, Kandalore incorporates all three of the Ontario Physical Education curriculum's major areas of knowledge within its programs; Healthy Living, Fundamental Movement Skills, and Active Participation.

- *Healthy Living* is introduced to students at camp in several ways. Students are encouraged to eat healthy meals and are included in a discussion of properly "fueling" their bodies to be able to keep active, warm/cool, and hydrated during their visit.
- *Fundamental Movement Skills*, (including locomotion/traveling, manipulation, and stability) are incorporated in every activity at Kandalore, including Cooperative games, Canoeing, Rock Climbing, Archery, Snowshoeing, and Cross Country Skiing. In all activity areas, students participate in introductory lessons and have the choice to challenge themselves physically, emotionally, and/or mentally.
- *Active Participation* is promoted at Kandalore as students are encouraged to participate in 8 – 10 outdoor activities over a two or three day visit. Also, students are required to participate in communication and team building exercises which are designed to develop the living skills outlined in the curriculum such as goal-setting, problem-solving, decision making, and conflict resolution. One of our goals at Kandalore is to create an environment where students can learn and develop necessary life skills through active participation.

In addition to providing an active learning environment, Kandalore also promotes soft-skill learning and development. These skills are outlined primarily in the Language curriculum components under *Oral and Visual Communication* in the Ontario Board of Education documents. Teamwork, cooperation, communication, active listening, problem solving, and leadership skills are all key learning outcomes of our activities. The link to Pre- and Post-Visit

Resources for teachers outlines some ways that we try to promote the development these skills at Kandalore and offers ideas for how teachers can extend these lessons to their classroom.

**Curriculum Links: Grades Five to Eight**

The following tables outline ways in which the Ontario education curriculum for grades five through to eight relates to the programs at the Kandalore OEC. The curriculum items listed within the tables are taken directly from the **Ontario Ministry of Education, Elementary Curriculum Documents**. Kandalore’s programs relate most to the Ontario Curriculum for Physical Education; however, teachers and participants will also recognize connections to the Language, Science and Technology, and Arts curriculums.

**Grade 5**

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>The Group Agreement</b>	<b>Physical and Health Education:</b> <i>Living Skills:</i> incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness; follow the rules of fair play in games and activities
<b>Snowshoeing</b>	<b>Physical and Health Education:</b> <i>Locomotion/Traveling Skills:</i> perform a combination of locomotion/ traveling movements, incorporating a variety of speeds, in relationship to objects or others <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity
<b>Cross Country Skiing</b>	<b>Physical and Health Education:</b> <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity
<b>Mattressing</b>	<b>Physical and Health Education:</b> <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity
<b>Inuit Blanket Toss</b>	<b>Physical and Health Education:</b> <i>Healthy Living:</i> identify factors (e.g., trust, honesty, caring) that enhance healthy relationships with friends, family, and peers
<b>Group Period</b>	<b>Physical and Health Education:</b> <i>Healthy Living:</i> identify strategies to deal positively with stress and pressures that result from relationships with family and friends <i>Personal Safety and Injury Prevention:</i> explain how people's actions (e.g., bullying, excluding others) can affect

	<p>the feelings and reactions of others; apply strategies (e.g., anger management, assertiveness, conflict resolution) to deal with personal-safety and injury-prevention situations</p> <p><i>Manipulation Skills:</i> catch, while moving, objects of various sizes and shapes (e.g., balls, Frisbees) using one or two hands</p> <p><i>Living Skills:</i> incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness; follow the rules of fair play in games and activities</p> <p><b>Language Studies:</b></p> <p><i>Oral and Visual Communication: Non-verbal Communication Skills</i> use tone of voice, gestures, and other nonverbal cues to help clarify meaning when describing events, telling stories, reading aloud, making presentations, stating opinions, etc.</p> <p><i>Group Skills:</i> contribute ideas to help solve problems, and listen and respond constructively to the ideas of others when working in a group; discuss with peers and the teacher strategies for communicating effectively with others in a variety of situations</p>
<b>Broomball</b>	<p><b>Physical and Health Education:</b></p> <p><i>Locomotion/Traveling Skills:</i> perform a combination of locomotion/ traveling movements, incorporating a variety of speeds, in relationship to objects or others</p> <p><i>Manipulation Skills:</i> use a piece of equipment to send and receive an object to a partner or a target; stick-handle an object while moving in different directions and at different speeds, alone or with a partner</p> <p><i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Quinzhee Building</b>	<p><b>Physical and Health Education:</b></p> <p><i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Rappelling</b>	<p><b>Physical and Health Education:</b></p> <p><i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed</p>
<b>Low Ropes</b>	<p><b>Physical and Health Education:</b></p> <p><i>Healthy Living:</i> identify factors (e.g., trust, honesty, caring) that enhance healthy relationships with friends, family, and peers;</p> <p><i>Living Skills:</i> incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p> <p><b>Language Studies:</b></p> <p><i>Oral and Visual Communication: Non-verbal Communication Skills:</i> use tone of voice, gestures, and other nonverbal cues to help clarify meaning when describing events, telling stories, reading aloud, making presentations, stating opinions, etc.;</p> <p><i>Group Skills:</i> contribute ideas to help solve problems, and listen and respond constructively to the ideas of others when working in a group; discuss with peers and the teacher strategies for communicating effectively with others in a variety of situations</p>
<b>Archery</b>	<p><b>Physical and Health Education:</b></p> <p><i>Manipulation Skills:</i> use a piece of equipment to send and receive an object to a partner or a target</p>

<b>Rock Climbing</b>	<p><b>Physical and Health Education:</b>  <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed  <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity  <i>Living Skills:</i> incorporate time-management and organizational skills in the goal-setting process related to physical activity or personal fitness</p>
<b>Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Traveling Skills:</i> perform a combination of locomotion/ traveling movements, incorporating a variety of speeds, in relationship to objects or others  <i>Manipulation Skills:</i> catch, while moving, objects of various sizes and shapes (e.g., balls, Frisbees) using one or two hands  <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed  <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Kayaking</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Traveling Skills:</i> perform a combination of locomotion/ traveling movements, incorporating a variety of speeds, in relationship to objects or others  <i>Manipulation Skills:</i> catch, while moving, objects of various sizes and shapes (e.g., balls, Frisbees) using one or two hands  <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed  <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Voyageur Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Stability Skills:</i> perform a sequence of movements; transfer body weight in a variety of ways, using changes in direction and speed</p>
<b>Nature Hike</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve their fitness levels by participating in sustained moderate to vigorous physical activity  <b>Science and Technology:</b>  <i>Conservation and Energy, Developing Skills of Inquiry, Design, and Communication:</i> formulate questions about and identify needs and problems related to protection of the natural environment, and explore possible answers and solutions  <i>Weather, Relating Science and Tech. to the Outside World:</i> describe ways in which weather conditions affect the activities of humans and other animals; explain how climatic and weather conditions influence the choice of materials used for building shelters</p>
<b>Evening Programs</b>	<p><b>The Arts:</b>  <i>Drama and Dance, Creative Work:</i> create characters and portray their motives and decisions through speech</p>

## Grade 6

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>The Group Agreement</b>	<p><b>Physical and Health Education:</b>  <i>Healthy Living:</i> describe the benefits of healthy eating for active living  <i>Living Skills:</i> follow the rules of fair play in games and activities, and support the efforts of peers to improve their skills; demonstrate respectful behaviour towards the feelings and ideas of others; follow the rules of fair play and sports etiquette in games and activities</p>
<b>Snowshoeing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Cross Country Skiing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Mattressing</b>	<p><b>Physical and Health Education:</b> <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment</p>
<b>Group Period</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Living Skills:</i> follow the rules of fair play in games and activities, and support the efforts of peers to improve their skills; demonstrate respectful behaviour towards the feelings and ideas of others; follow the rules of fair play and sports etiquette in games and activities</p> <p><b>Language Studies:</b>  <i>Oral and Visual Communication, Group Skills:</i> use constructive strategies in small-group discussions; follow up on others' ideas, and recognize the validity of different points of view in group discussions or problem-solving activities;</p>
<b>Broomball</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment; demonstrate goal-tending skills with or without a piece of equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Quinzhee Building</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment; demonstrate goal-tending skills with or without a piece of equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>

<b>Rappelling</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment; demonstrate goal-tending skills with or without a piece of equipment</p> <p><b>Science and Technology:</b>  <i>Motion: Understanding Basic Concepts:</i> demonstrate awareness that friction transforms kinetic energy into heat energy</p>
<b>Low Ropes</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment; demonstrate goal-tending skills with or without a piece of equipment</p> <p><b>Language Studies:</b>  <i>Oral and Visual Communication, Group Skills:</i> use constructive strategies in small-group discussions; follow up on others' ideas, and recognize the validity of different points of view in group discussions or problem-solving activities</p>
<b>Rock Climbing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p> <p><b>Science and Technology:</b>  <i>Motion: Understanding Basic Concepts:</i> demonstrate awareness that friction transforms kinetic energy into heat energy</p>
<b>Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Kayaking</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p>
<b>Voyageur Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> perform a combination of locomotion/ travelling skills using equipment</p> <p><b>Social Studies:</b>  <i>Heritage and Citizenship:</i> identify the Viking, French, and English explorers who first came to and explored Canada, and explain the reasons for their journeys</p>
<b>Nature Hike</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve their personal fitness levels by participating in sustained moderate to vigorous physical activity</p> <p><b>Science and Technology:</b></p>

	<p><i>Diversity of Living Things, Developing Skills of Inquiry, Design and Communication:</i> formulate questions about and identify the needs of different types of animals, and explore possible answers to these questions and ways of meeting these needs</p> <p><i>Relating Science to the Outside World:</i> show an understanding of the impact of moving mechanisms (e.g., trucks, snowmobiles) on the environment and on living things</p>
<b>Evening Programs</b>	<p><b>The Arts:</b> <i>Drama and Dance, Creative Work:</i> create dances, using steps and positions borrowed from a variety of dance forms</p> <p><b>Science and Technology:</b> <i>Relating Science and Technology to the Outside World:</i> show awareness of the effect on a design of the unavailability of specific materials (Egg Drop)</p>

## Grade 7

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>Snowshoeing</b>	<p><b>Physical and Health Education:</b> <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Cross Country Skiing</b>	<p><b>Physical and Health Education:</b> <i>Locomotion/Travelling Skills:</i> perform locomotion/travelling, manipulation, and stability skills in combination <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Group Period</b>	<p><b>Physical and Health Education:</b> <i>Healthy Living:</i> use effective communication skills (e.g., refusal skills, active listening) to deal with various relationships and situations <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment <i>Physical Fitness:</i> participate fairly in games or activities (e.g., accepting and respecting decisions made by officials, whether they are students, teachers, or coaches).</p> <p><b>Language Studies:</b> <i>Oral and Visual Communication, Non-verbal Communication Skills:</i> identify some of the ways in which nonverbal communication techniques can affect audiences, and use these techniques in their own speech to arouse and maintain interest, and convince and persuade their listeners <i>Group Skills:</i> listen and respond constructively to alternative ideas or viewpoints; express ideas and opinions confidently but without trying to dominate discussion; analyse factors that contribute to the success, or lack of success, of a discussion</p>

<b>Broomball</b>	<p><b>Physical and Health Education:</b>  <i>Manipulation Skills:</i> send an object to a partner, to a target, or over a net, using a serve, an underhand throw or pass, or an overhand throw  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Quinzhee Building</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Rappelling</b>	<p><b>Physical and Health Education:</b>  <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment</p>
<b>Sauna/ Polar Dip</b>	<p><b>Science and Technology:</b>  <i>Understanding Basic Concepts:</i> compare the motion of particles in a solid, liquid, and gas using the particle theory</p>
<b>Low Ropes</b>	<p><b>Physical and Health Education:</b>  <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment  <b>Language Studies:</b>  <i>Oral and Visual Communication, Non-verbal Communication Skills:</i> identify some of the ways in which nonverbal communication techniques can affect audiences, and use these techniques in their own speech to arouse and maintain interest, and convince and persuade their listeners  <i>Group Skills:</i> listen and respond constructively to alternative ideas or viewpoints; express ideas and opinions confidently but without trying to dominate discussion; analyse factors that contribute to the success, or lack of success, of a discussion</p>
<b>Archery</b>	<p><b>Physical and Health Education:</b>  <i>Manipulation Skills:</i> send an object to a partner, to a target, or over a net, using a serve, an underhand throw or pass, or an overhand throw</p>
<b>Rock Climbing</b>	<p><b>Physical and Health Education:</b>  <i>Stability Skills:</i> balance while moving from one static position to another on the floor and on equipment  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Manipulation Skills:</i> intercept objects (e.g., balls, Frisbees) while moving in various directions and at different speeds;  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Kayaking</b>	<p><b>Physical and Health Education:</b> <i>Manipulation Skills:</i> intercept objects (e.g., balls, Frisbees) while moving in various directions and at different speeds;  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Orienteering</b>	<p><b>Science and Technology:</b>  <i>Map, Globe, and Graphic Skills*</i> (Grade 7 Geography): use a variety of thematic and topographic maps to identify</p>



	patterns in physical geography; use contour lines to represent elevation on maps
<b>Nature Hike</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve or maintain their personal fitness levels by participating in sustained moderate to vigorous fitness activity</p> <p><b>Science and Technology:</b>  <i>Interactions Within Ecosystems, Understanding Basic Concepts:</i> identify and explain the roles of producers, consumers, and decomposers in food chains and their effects on the environment; explain the importance of microorganisms in recycling organic matter; interpret food webs that show the transfer of energy among several food chains, and evaluate the effects of the elimination or weakening of any part of the food web; identify signs of ecological succession in a local ecosystem  <i>Relating Science and Technology to the World Outside School:</i> identify and explain economic, environmental and social factors that should be considered in the management and preservation of habitats</p>

### Grade 8

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>Snowshoeing</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Cross Country Skiing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Stability Skills:</i> balance in control while moving on and off equipment  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity  <i>Living Skills:</i> apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
<b>Inuit Blanket Toss</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities</p>
<b>Group Period</b>	<p><b>Physical and Health Education:</b>  <i>Living Skills:</i> apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p> <p><b>Language Studies:</b>  <i>Oral and Visual Communication, Group Skills:</i> contribute collaboratively in group situations by asking questions and building on the ideas of others; work with members of their group to establish clear purposes and procedures for solving problems and completing projects</p>

<b>Broomball</b>	<p><b>Physical and Health Education:</b>  <i>Manipulation Skills:</i> throw, pass, or shoot an object (e.g., a ball) to a partner or a target while being defended; hit an object using the hand or a piece of equipment, using backhand and forehand motions; perform movement skills in sequence  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Quinzhee Building</b>	<p><b>Physical and Health Education:</b>  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Rappelling</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Living Skills:</i> apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
<b>Low Ropes</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Stability Skills:</i> balance in control while moving on and off equipment  <i>Living Skills:</i> apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
<b>Archery</b>	<p><b>Physical and Health Education:</b>  <i>Manipulation Skills:</i> shoot an object at a target for distance and accuracy</p>
<b>Rock Climbing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity; <i>Living Skills:</i> apply a goal-setting process to short- and long-term goals related to physical activity or fitness</p>
<b>Canoeing</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Stability Skills:</i> balance in control while moving on and off equipment  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Kayaking</b>	<p><b>Physical and Health Education:</b>  <i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities  <i>Stability Skills:</i> balance in control while moving on and off equipment  <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity</p>
<b>Voyageur Canoeing</b>	<p><b>Physical and Health Education:</b></p>

	<i>Locomotion/Travelling Skills:</i> apply locomotion/travelling, manipulation, and stability skills in combination and in sequence in specific physical activities
<b>Nature Hike</b>	<b>Physical and Health Education:</b> <i>Physical Fitness:</i> improve or maintain their fitness levels by participating in sustained moderate to vigorous fitness activity

### **Curriculum Links: Grades 9 to 12**

The following tables outline ways in which the Ontario education curriculum for grades nine through to twelve relates to the programs at the Kandalore OEC. The curriculum items listed within the tables are taken directly from the **Ontario Ministry of Education, Secondary Curriculum Documents**. Kandalore's programs relate most to the Ontario Curriculum for Physical Education; however, teachers and participants will also recognize connections to the English, Science, and Canadian and World Studies curriculums.

### **Grade 9**

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>Snowshoeing</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Cross Country Skiing</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Inuit Blanket Toss</b>	<b>Physical Health and Education:</b> <i>Social Skills:</i> contribute to the success of the group verbally and non-verbally
<b>Group Period</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Safety:</i> demonstrate behaviour that minimizes risk to themselves and others <i>Social Skills:</i> contribute to the success of the group verbally and non-verbally, explain the benefits and disadvantages of working with others, give and receive assistance, use appropriately a variety of methods for reaching group agreement
<b>Broomball</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for

	sustained periods of time
<b>Quinzhee Building</b>	<b>Physical Health and Education:</b> <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Rappelling</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities
<b>Low Ropes</b>	<b>Physical Health and Education:</b> <i>Social Skills:</i> contribute to the success of the group verbally and non-verbally, explain the benefits and disadvantages of working with others, give and receive assistance, use appropriately a variety of methods for reaching group agreement <b>English:</b> <i>Language: Developing Listening and Speaking Skills:</i> communicate in group discussions by sharing the duties of the group, speaking in turn, listening actively, taking notes, paraphrasing key points made by others, exchanging and challenging ideas and information, asking appropriate questions, reconsidering their own ideas and opinions, managing conflict, and respecting the opinions of others
<b>Archery</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities
<b>Rock Climbing</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Canoeing</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Sport and Recreation:</i> explain appropriate strategies or tactics that enhance performance in specific situations and conditions <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Kayaking</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities <i>Sport and Recreation:</i> explain appropriate strategies or tactics that enhance performance in specific situations and conditions <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
<b>Voyageur Canoeing</b>	<b>Physical Health and Education:</b> <i>Movement Skills and Principles:</i> use and combine movement skills in a variety of physical activities
<b>Nature Hike</b>	<b>Physical Health and Education:</b>

	<i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time
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## Grade 10

<b>Kandalore Activity</b>	<b>Related Ontario Elementary School Curriculum</b>
<b>Snowshoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Cross Country Skiing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Inuit Blanket Toss</b>	<p><b>Physical Health and Education:</b>  <i>Social Skills:</i> contribute to the success of the group verbally and non-verbally</p>
<b>Group Period</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Safety:</i> demonstrate behaviour that minimizes risk to themselves and others  <i>Social Skills:</i> demonstrate behaviours that are respectful of others' points of view, describe their own contribution to and effectiveness within a group.</p>
<b>Broomball</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Quinzhee Building</b>	<p><b>Physical Health and Education:</b>  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Rappelling</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical</p>

	activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills
<b>Low Ropes</b>	<p><b>Physical Health and Education:</b>  <i>Social Skills:</i> contribute to the success of the group verbally and non-verbally, explain the benefits and disadvantages of working with others, give and receive assistance, use appropriately a variety of methods for reaching group agreement</p> <p><b>English:</b>  <i>Language: Developing Listening and Speaking Skills:</i> communicate in group discussions by assigning tasks fairly and equitably; contributing ideas, supporting interpretations and viewpoints; extending and questioning the ideas of others</p>
<b>Archery</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills</p>
<b>Rock Climbing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Canoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Sport and Recreation:</i> explain appropriate strategies or tactics that enhance performance in specific situations and conditions  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Kayaking</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined movement skills  <i>Sport and Recreation:</i> explain appropriate strategies or tactics that enhance performance in specific situations and conditions  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Voyageur Canoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills and Principles:</i> demonstrate the use and combination of motor skills in a variety of physical activities, demonstrate understanding of the importance of movement principles in performing isolated or combined</p>

	movement skills
<b>Nature Hike</b>	<p><b>Physical Health and Education:</b>  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p> <p><b>Science:</b>  <i>Biology: The Sustainability of Ecosystems: Understanding Basic Concepts:</i> explain why different ecosystems respond differently to short-term stresses and long-term changes, compare a natural and a disturbed ecosystem and suggest ways of assuring their sustainability  <i>Developing Skills of Inquiry and Communication:</i> formulate scientific questions about observed ecological relationships, ideas, problems, and issues  <i>Relating Science to Technology, Society, and the Environment:</i> assess the impact of technological change and natural change on an ecosystem  <i>Earth and Space Science: Weather Dynamic: Relating Science to Technology, Society, and the Environment:</i> explain the role of weather dynamics in environmental phenomena and consider the consequences to humans of changes in weather</p>

## Grade 11

<b>Kandalore Activity</b>	<b>Related Ontario Elementary School Curriculum</b>
<b>Snowshoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Cross Country Skiing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Inuit Blanket Toss</b>	<p><b>Physical Health and Education:</b>  <i>Active Participation:</i> demonstrate positive, responsible personal and social behaviour in physical activity settings</p>
<b>Group Period</b>	<p><b>Physical Health and Education:</b>  <i>Active Participation:</i> demonstrate positive, responsible personal and social behaviour in physical activity settings  <i>Decision Making:</i> apply strategies to establish priorities and set goals  <i>Social Skills:</i> explain aspects of the process of group dynamics, evaluate group effectiveness, use strategies for giving constructive feedback to individuals and groups, explain their contribution to the maintenance of positive peer relationships.</p>
<b>Broomball</b>	<p><b>Physical Health and Education:</b></p>

	<p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Quinzhee Building</b>	<p><b>Physical Health and Education:</b></p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Rappelling</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p>
<b>Low Ropes</b>	<p><b>Physical Health and Education:</b></p> <p><i>Active Participation:</i> demonstrate positive, responsible personal and social behaviour in physical activity settings</p> <p><i>Decision Making:</i> apply strategies to establish priorities and set goals</p> <p><i>Social Skills:</i> explain aspects of the process of group dynamics, evaluate group effectiveness, use strategies for giving constructive feedback to individuals and groups, explain their contribution to the maintenance of positive peer relationships.</p> <p><b>English:</b></p> <p><i>Language: Developing Listening and Speaking Skills:</i> communicate orally in group discussions, applying such skills as the following: contributing additional and relevant information; asking questions to extend understanding; working towards consensus; and accepting group decisions when appropriate</p>
<b>Archery</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p>
<b>Rock Climbing</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Canoeing</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>
<b>Kayaking</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p>



<b>Voyageur Canoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> demonstrate the development of movement skills in a variety of physical activities, apply movement principles to refine their movement skills</p>
<b>Nature Hike</b>	<p><b>Physical Health and Education:</b>  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time</p> <p><b>Canadian and World Studies:</b>  <i>Physical Geography: Patterns, Processes and Interactions: Geographic Foundations: Space and Systems: Learning Through Application:</i> analyze the relationship between the present characteristics of local landforms and the processes that shaped them  <i>Human-Environment Interactions: Learning Through Application:</i> analyze how selected human activities affect a local environment</p>
<b>Orienteering</b>	<p><b>Canadian and World Studies:</b>  <i>Methods of Geographic Inquiry and Communication: Methods and Tools of Geographic Inquiry:</i> orient a map or aerial photograph in the field and relate the features shown to the surrounding landscape</p>

## Grade 12

<b><i>Kandalore Activity</i></b>	<b><i>Related Ontario Elementary School Curriculum</i></b>
<b>Snowshoeing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
<b>Cross Country Skiing</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities  <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
<b>Inuit Blanket Toss</b>	<p><b>Physical Health and Education:</b>  <i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities  <i>Social Skills:</i> demonstrate an ability to work effectively with groups of individuals from different cultures to accomplish group goals, demonstrate an ability to use strategies needed to overcome the barriers to functioning effectively as a group</p>
<b>Group Period</b>	<p><b>Physical Health and Education:</b>  <i>Safety:</i> apply appropriate guidelines and procedures for safe participation in physical activity, demonstrate behaviour that minimizes risk to themselves and others  <i>Social Skills:</i> demonstrate an ability to work effectively with groups of individuals from different cultures to accomplish group goals, demonstrate an ability to use strategies needed to overcome the barriers to functioning</p>

	<p>effectively as a group, demonstrate an ability to use appropriate strategies to reach group consensus</p> <p><i>Leadership Skills:</i> apply communication skills and strategies that help develop positive relationships, demonstrate an understanding of strategies that facilitate the decision-making process, taking into consideration self, others, and available resources</p>
<b>Broomball</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
<b>Quinzhee Building</b>	<p><b>Physical Health and Education:</b></p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
<b>Rappelling</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities</p>
<b>Low Ropes</b>	<p><b>Physical Health and Education:</b></p> <p><i>Safety:</i> apply appropriate guidelines and procedures for safe participation in physical activity, demonstrate behaviour that minimizes risk to themselves and others</p> <p><i>Social Skills:</i> demonstrate an ability to work effectively with groups of individuals from different cultures to accomplish group goals, demonstrate an ability to use strategies needed to overcome the barriers to functioning effectively as a group, demonstrate an ability to use appropriate strategies to reach group consensus</p> <p><i>Leadership Skills:</i> apply communication skills and strategies that help develop positive relationships, demonstrate an understanding of strategies that facilitate the decision-making process, taking into consideration self, others, and available resources</p> <p><i>Group Development:</i> describe the factors that affect group development, analyse how the roles played by various members of a group (e.g., summarizer, task initiator, encourager) contribute to group effectiveness</p> <p><i>Teamwork Skills:</i> demonstrate an ability to take responsibility for carrying out tasks assigned by the group, demonstrate an understanding of strategies that facilitate group effectiveness</p> <p><b>English:</b></p> <p><i>Language: Developing Listening and Speaking Skills:</i> communicate orally in group discussions, applying such skills as the following: leading and contributing to productive discussions; suggesting possibilities and selecting directions within the group; generating ideas; contributing information</p>
<b>Archery</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities</p>
<b>Rock Climbing</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities</p> <p><i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time</p>
<b>Canoeing</b>	<p><b>Physical Health and Education:</b></p> <p><i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities</p>

	<i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time
<b>Kayaking</b>	<b>Physical Health and Education:</b> <i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time
<b>Voyageur Canoeing</b>	<b>Physical Health and Education:</b> <i>Movement Skills:</i> develop and combine their movement skills in a variety of physical activities <i>Teamwork Skills:</i> demonstrate an understanding of strategies that facilitate group effectiveness
<b>Nature Hike</b>	<b>Physical Health and Education:</b> <i>Physical Fitness:</i> maintain or improve personal fitness levels by participating in vigorous fitness activities for sustained periods of time <b>Canadian and World Studies:</b> <i>Human-Environment Interactions: Building Knowledge and Understanding:</i> explain how human activities affect, or are affected by, the environment <i>Understanding and Managing Change: Developing and Practicing Skills:</i> predict the consequences of human activities on natural systems
<b>Orienteering</b>	<b>Canadian and World Studies:</b> <i>Geomatics: Geotechnologies in Action: Methods of Geographic Inquiry and Communication: Methods and Tools of Geographic Inquiry:</i> orient a map or aerial photograph in the field and relate the features shown to the surrounding landscape