

Winter Walk Day

Nova Scotia Cross-Curricular Links for Primary to Grade 7

This document provides a table for each grade that lists Specific Curriculum Outcomes that the Winter Walk Day resources and program meet. Curriculum expectations related to physical activity, health, safety and the environment can be linked to this program during class preparation for the walk, the walk itself and follow-up activities. This program provides a great opportunity to discuss not only how walking can positively impact personal health, but the health of the environment. If we walk more, even in winter, we can reduce the number of cars driving to and from school, reducing our carbon dioxide footprint and our impact on climate change!

Primary Curriculum Links:

Specific Curriculum Outcomes:
<p>Health Education:</p> <p>B3.1 identify and practice pedestrian, school bus and car safety precautions B3.2 identify and practice ways to protect their health and safety in all kinds of weather B7.1 engage in regular physical activity C4.2 demonstrate an awareness of factors that contribute to a healthy classroom and school environment C4.3 demonstrate an appreciation for clean, fresh air</p>
<p>Physical Education: Alternative Environments</p> <p>- experience walking around the school observing landmarks and being conscious of litter and the environment</p>

Grade 1 Curriculum Links:

Specific Curriculum Outcomes:
<p>Health Education:</p> <p>B3.3 identify community hazards and practice related precautions B3.4 identify and practice ways of protecting their personal safety when they are not with a caregiver B7.1 engage in regular physical activity B7.2 identify healthy benefits of regular physical activity</p>
<p>Physical Education – Alternative Environments</p> <p>- experience walking around the school observing landmarks and being conscious of litter and the environment</p>
<p>Science:</p> <p>- recognize that humans and other living things depend on their environment, and identify personal actions that can contribute to a healthy environment (103-2) - investigate and describe human preparations for seasonal changes (103-4)</p>

Grade 2 Curriculum Links:

Specific Curriculum Outcomes:
<p>Health Education:</p> <p>B3.1 identify and practice vehicle and sidewalk safety precautions B7.1 participate in a broad range of physical activities they enjoy C4.1 demonstrate an awareness of conditions in the environment that support the healthy growth of all types of animals C4.2 identify the reasons communities have health and safety rules and laws</p>

Grade 3 Curriculum Links:

Specific Curriculum Outcomes:
<p>Health Education:</p> <p>B7.1 participate in a broad range of physical activities they enjoy C3.1 demonstrate an awareness of the effect of human behaviour on their immediate natural environment C4.2 demonstrate an awareness of ways they can contribute to the health of the natural environment</p>

Grade 4 Curriculum Links:

Specific Curriculum Outcomes:
Health Education: B3.1 identify and practice bicycle and off-road vehicle safety precautions B3.2 identify and practice strategies for preventing injury to the skeletal, muscular, and nervous system B3.3 demonstrate knowledge needed to seek help when personal safety is threatened B7.1 participate in a broad range of physical activities C4.1 demonstrate proactive strategies for enhancing the social and environmental health of the school D1.1 identify and demonstrate attitudes and behaviours that support healthy lifestyle choices
Science: - identify their own and their families' impact on habitats and describe how personal actions help conserve habitats (108-3, 108-6)

Grade 5 Curriculum Links:

Specific Curriculum Outcomes:
Health Education: B3.2 identify and practice outdoor safety precautions B3.5 recognize and avoid threatening situations B7.1 participate in a broad range of physical activities
Physical Education: Active Living - demonstrate a willingness to choose and participate in an activity at home or in the community for personal enjoyment and health benefits

Grade 6 Curriculum Links:

Specific Curriculum Outcomes:
Health Education: B3.2 identify and practice strategies for preventing injury in various non-competitive sports B7.1 participate in a broad range of physical activities they enjoy
Physical Education: Active Living and Alternative Environments - demonstrate a willingness to choose to exercise at home for personal enjoyment and benefit - appreciate and recognize the effects of human activity on the environment

Grade 7 Curriculum Links:

Specific Curriculum Outcomes:
Healthy Living: 1) Provide leadership among peers and younger school aged children on active transportation 2) Recognize the characteristics of supportive environments for environmental sustainability and physical activity in various places in the community 3) Examine opportunities for physical activity at school, home and within their community

Here are some classroom resources through which you may link the event with physical activity, environmental and safety education. Try them out before, during and after Winter Walk Day in February. These resources are readily accessed online:

Active & Safe Routes to School Elementary Thematic Unit (Grades 4 and 5)

<http://saferoutesns.ca/index.php/resources/curriculum-linked-resources>

Active & Safe Routes to School Middle School Thematic Unit (Grades 7 and 8)

<http://saferoutesns.ca/index.php/resources/curriculum-linked-resources>

Teachers: try tracking your class's steps by using the Walkabout website at <http://www.walkaboutns.ca>.