

## Integrated HPE/SS Lesson Plan

<b>Title of Lesson Plan:</b> Race Across Canada	
<b>Grade Level:</b> 4	<b>Type of Activity:</b> Physical Activity Station Scavenger Hunt
<b>Created By:</b> Andrea Tropea, Kirsten Morrison, Lisa Racioppa, Michelle Grebe, Samina Khalid, and Sophie Mathiaut	
<b>Expectations:</b>	
<b>Overall Expectations:</b>	
<b>Social Studies</b> <b>B. People and Environments: Political and Physical Regions of Canada</b> B3. identify Canada's political and physical regions, and describe their main characteristics and some significant activities that take place in them	
<b>Health and Physical Education</b> <b>B. Active Living</b> B1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives <b>C. Movement Competence: Skills, Concepts, and Strategies</b> C1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities	
<b>Language</b> <b>Reading</b> 1. read and demonstrate an understanding of a variety of literary, graphic, and informational texts, using a range of strategies to construct meaning <b>Writing</b> 1. generate, gather, and organize ideas and information to write for an intended purpose and audience	
<b>Specific Learning Expectations:</b>	
<b>Social Studies</b> B3.4 identify various types of political regions in Canada (e.g., provinces, territories, municipalities, First Nations bands and reserves), and describe some of their basic similarities and differences (e.g., the powers of a province versus those of a territory) B3.5 identify Canada's provinces and territories and their capital cities, and describe them with reference to their location and some of the peoples who live in them	
<b>Health and Physical Education</b> B1.1 actively participate in a wide variety of program activities (e.g., lead-up and small-group games, recreational activities, cooperative games, fitness activities, dance activities), according to their capabilities, while applying behaviours that enhance their readiness and ability to take part	

C1.1 perform a variety of controlled static balances and transitions between balances, using a variety of body parts and shapes, at different levels, individually, and with partners and equipment

C1.2 demonstrate the ability to jump and land, in control, from a low height

C1.3 perform different combinations of locomotor movements with and without equipment, alone and with others, moving at different speeds and levels, using different pathways, and going in different directions

**Language**

Reading - Demonstrating Understanding

1.4 demonstrate understanding of a variety of texts by summarizing important ideas and citing supporting details

Writing - Classifying Ideas

1.4 sort and classify ideas and information for their writing in a variety of ways

**Context/Background Information:**

**Prior Learning:**

Students should already know all of the Provinces, Territories, and Capitals of Canada including the Great Lakes.

**Future Direction:**

After completing the Race Across Canada, students will have a better understanding of the content taught in preparation for a future unit test, their knowledge will extend into other subjects taught, as well as other Social Studies strands.

**Activity:**

**Materials:**

- Pylons
- Pencils
- Infosheets
  - See Appendix 1
- Passports
  - See Appendix 2
- Assessment sheet
  - See Appendix 3
- Small ball
- Basketball
- Bean bags
- Bench
- Scooters
- Scoops and scoop balls

**Groupings:**

- Students may choose to work individually or in pairs on the passport questions
- The teacher can choose pairs if there is a significant imbalance in reading and writing skills in the class
  - Strategic pairs

**Timing:**

- 5 minute introduction
- 65 minute activity (3-5 minutes for each station):
  - Students will have 3 minutes to review each information sheet and complete their questions
  - Each activity should take 1 minute to complete
- 10 minutes to clean-up

**Description of Activity:**

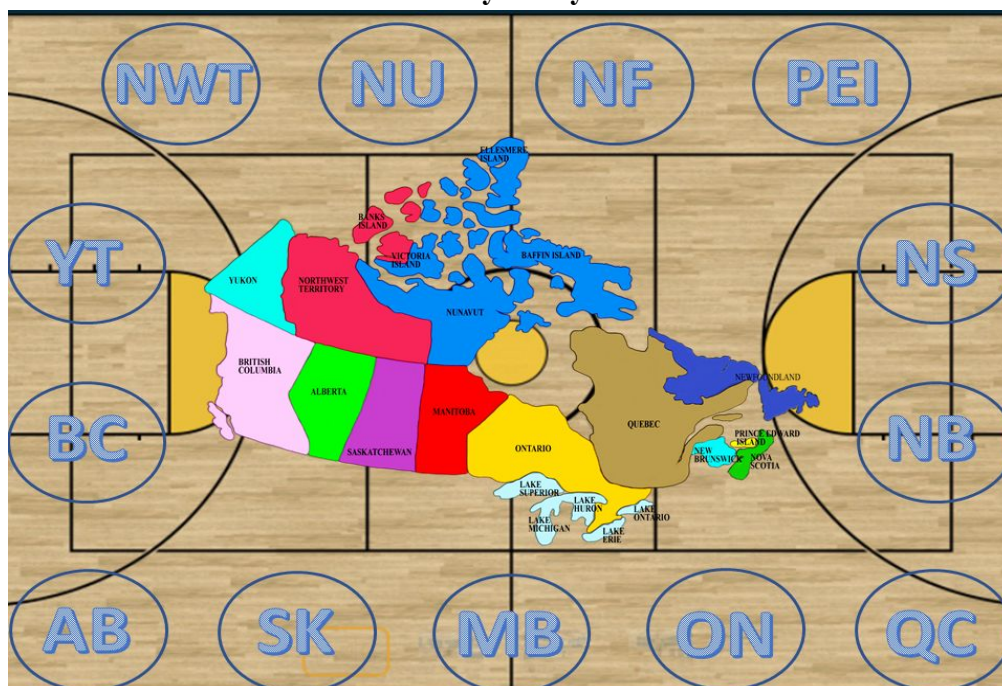
### Introduction:

- Prior to this activity, a mini-lesson will review the provinces and territories within a map of Canada, providing some examples of facts for each province and consolidate with an explanation of the Race Across Canada activity.
- Before the activity begins, a student will be selected to lead a 3 minute stretching warm-up while the gym is being set up.
- Each student fills in at least 5 questions on their passport (based on the information sheets), completes the physical activity until the bell rings (one ring to stop and sit, the second bell to switch when ready) after 5 minutes, at which point students would be signalled to switch.

### Activity:

- The lesson activity will be various stations arranged in a gymnasium, roughly corresponding to the geography of the provinces and territories in Canada.
- Student pairs will move through the stations counterclockwise. Each pair selects a province to start at, and then continue across the rest of Canada.
- The activity combines a scavenger hunt for information about each province/territory and a physical activity that connects to some aspect of the location.
- Each student will have a passport with fill-in the blank or short answer question
  - Students must answer 5
- Each station will include the materials needed for the physical activity and a fact sheet, which students would use to find and record answers to questions for each province or territory on their passport.
- Once students have collected their facts, they will perform the physical activity and then progress to the next province/territory in a counter-clockwise direction.

### Ideal Gym Layout:



### **Physical Activities for each Province and Territory:**

- Ontario
  - Activity - Boating on scooters
    - Students will start from one line to another moving back and forwards using only their feet to propel their “boats” across the great lakes
  - Relates to the great lakes in Ontario
- Quebec
  - Activity - Ice Canoeing Low Row
    - Students will start at the blue line Stand with feet shoulder-width apart and knees bent. Extend their arms out in front of their body and pretend to hold a pair of oars. Pull your hands in toward your waist as you extend your legs and jump up. Land in the start position. Repeat the Low Rowing motion until the end of the line.
  - Relates to ice canoeing across the St. Lawrence river in Quebec
- New Brunswick
  - Activity - Log dancers
    - Students will perform double leg leaps from side-to-side over a bench (30 sec.), and then single leg leaps, alternating legs over the bench (30 sec.).
  - Relates to the major logging/forestry industry in the province!
- Nova Scotia
  - Activity - Hockey
    - Students will glide their feet across to the other side mimicking “skating”, once they reach the other side they will swing their arms as if “swing a hockey stick to score a goal”
  - Relates to hockey being invented by Mi’kmaq people of Nova Scotia.
- Prince Edward Island
  - Activity - Yoga
    - Students will become the smallest island by holding the child's pose, making themselves as small as they can get.
  - Relates to PEI being the smallest province.
- Newfoundland and Labrador
  - Activity - Rowing movement
    - Students will sit down on the floor, extend their legs in front of them and perform rowing motion with both legs and arms: teacher will demonstrate.
  - Relates to Newfoundland and Labrador having the Royal St. John's Regatta.
- Nunavut
  - Activity - Curling motion
    - Students will perform the 3 yoga Warrior poses: Warrior 1 (lunge forward/arms linked above head) + Warrior 2 (lunge forward/arms extended front and back)
  - Relates to the fact that curling is a popular sport in Nunavut alongside hockey of course!

- Northwest Territories
  - Activity - Lunges
    - Students will practice their lunges forward by alternating feet.
  - Relates to the split on April 1, 1999, where NWT was split to recognize Nunavut as a separate territory, the splitting of the legs represent this.
- Yukon Territory
  - Activity - “Gold Mining” (Co-operative game)
    - One student places several yellow bean bags on the floor (within a small designated/marked area), then the other student crawls around with eyes closed, trying to “mine for gold” (touch each bean bag).
  - Relates to the Yukon Klondike Gold Rush
- British Columbia
  - Activity - Ball Ski Jump
    - Students will hold a ball with both hands, they will shift the ball from side to side simultaneously as they jump with both feet from side to side alternating arms and feet mimicking a “skiing” motion.
  - Relates to the two peaks of the Whistler Blackcomb ski resort, one of the best resorts in North America for skiing and snowboarding.
- Alberta
  - Activity - Mountain climbing
    - Starting in a plank position alternately “march” one knee up at a time in a climbing motion increasing momentum when ready.
  - Relates to Alberta’s Rocky Mountains and Banff National Park
- Saskatchewan
  - Activity - [Football Shuffle](#)
    - In a squat a little wider than shoulder-distance apart, march the knees up one at a time as though stepping in a tire, getting faster and faster.
  - Relates to Saskatchewan’s dedicated Roughrider football fans.
- Manitoba
  - Activity - Scoop Ball
    - Two students standing about 1 meter apart, face each other on a line. One team member will aim to throw the ball and the other team member will catch the ball with the scooper. Students will switch after 2 throws.
  - Relates to Lacrosse sport which originated from the first nations.

**Consolidation:**

Students will be asked to hand in their passports with their names on each booklet at the end of the activity; for the next lesson we will revisit what we learned by discussing the answers to each of the passport questions.

**Accommodations:**

All physical activities can be adapted for any student depending on their individual need. The writing activity will also be accommodated for students who need extra support as answers can be given verbally and written by the teacher or the amount of questions needed to be answered can be reduced. Team members can also support one another.

**Assessment Strategy:**

Students will be assessed on their ability to follow instructions, perform actions, and correctly answer questions (passports). Students must also work well with others as well as independently while completing their work. This is a formative assessment but the lesson can be used as review of the provinces and territories before the unit summative.

**Reference(s):****Curriculum Documents**

- Ontario. (2006). The Ontario curriculum grades 1-8: Language. Toronto: The Ministry of Education.
- Ontario. (2018). The Ontario curriculum: Social studies, grades 1 to 6, history and geography, grades 7 and 8. Toronto: Ministry of Education.
- Ontario. (2019). The Ontario curriculum, grades 1-8: Health and physical education: H & PE. Toronto: Ministry of Education.

**Websites used for Fact Sheet**

- <https://kidzone.ws/geography/provinces.htm>
- <https://www.canada.ca/en/immigration-refugees-citizenship/services/new-immigrants/prepare-life-canada/provinces-territories.html>
- <https://www.canada.ca/en/immigration-refugees-citizenship/corporate/publications-manuals/discover-canada/read-online/canadas-regions.html>
- <https://acadiensis.wordpress.com/2019/01/18/reimagining-the-creation-the-missing-indigenous-link-in-the-origins-of-canadian-hockey/>
- <https://indigenoustourism.ca/regions/>
- <https://vgc.ca/blog/2016/07/26/18-fun-facts-british-columbia-impress-friends-bc-day/>
- <https://www.cleanpng.com/png-provinces-and-territories-of-canada-map-geography-1137451/download-png.html>
- <https://open.alberta.ca/dataset/7363d21e-0458-4775-bfa7-8002184517a5/resource/fb28226c-e1d0-4d82-9ebc-d786616e3a65/download/6629777-2014-Facts-About-Aboriginal-People-Alberta-2014-08-08.pdf>
- <http://www.saskschoolsinfo.com/canada/facts/ab.html>
- <http://justfunfacts.com/interesting-facts-about-alberta/>
- <https://multiculturalkidblogs.com/2020/07/27/10-fun-facts-about-alberta-canada/>

**Videos to Teach Provinces and Territories:**

- <https://www.youtube.com/watch?v=QBQ5ZhHlkkY>
- [Learn Canada Provinces And Capitals | Canada Country Map | Territories Of Canada](#)
- [The Provinces \(and Territories\) of Canada](#)

## Ontario

- Ontario is the second-largest Canadian province (in terms of area) and can be found between Manitoba and Quebec.
- Toronto is the capital city of Ontario.
- Ottawa, the capital city of Canada, is also in Ontario.
- Ontario joined the Canadian Confederation in 1867.
- Before 1840, it was known as Upper Canada, and now houses Upper Canada Village!
- The official flower of Ontario is the trillium.
- Ontario includes part of "the Great Lakes".
- The border between Canada (Ontario) and the United States runs through Lake Superior, Lake Huron, Lake Erie and Lake Ontario. Lake Michigan is entirely in the United States.
- The Great Lakes consist of Lake Erie, Lake Huron, Lake Michigan, Lake Ontario and Lake Superior.
- In 2016, there were more Aboriginal people in Ontario than in any other province in Canada.
- In Ontario, there are 13 distinct groups of First Nation peoples. Some are the Algonquin, Anishinaabe, Ojibway, and Cree.



# Quebec

- Quebec is the largest Canadian province (in terms of area) and can be found on the map east of Ontario.
- Quebec City is the capital of Quebec.
- Quebec City is one of the oldest cities in North America.
- The main language spoken in Quebec is French.
- Quebec joined the Canadian Confederation in 1867.
- Quebec is home to the grey wolf, blue whale, snowy owl, black bear and moose.
- Quebec produces 90% of the world's maple syrup.
- The indigenous tribes of Algonquin, Iroquois, and Inuit nations controlled the area of Quebec.
- The word “Kébec” is an Algonquin word meaning where the river narrows.
- Vikings came in longboats from Scandinavia in 1000 AD.
- Quebec has one of the largest reserves of freshwater.
- Lake Mistassini is the largest natural lake in Quebec.
- Quebec's highest point is at 1,652 metres and is known as Mount Caubvick
- Quebec City holds a winter carnival where spectators can watch the annual Ice canoe race across the St. Lawrence river.





# New Brunswick

- New Brunswick is one of Canada's ten provinces.
- Its capital is Fredericton.
- It is an Atlantic or "Maritime" province.
- It can be found on the East Coast of the country, near the Atlantic Ocean.
- New Brunswick joined the Canadian Confederation in 1867.
- It is the only province in Canada that is officially bilingual.
- The province was named after the royal house of Brunswick, chartered by King George III.
- Its population is currently just under 800,000 people.
- The country produces a lot of pulp and paper (from forestry), with slightly smaller fishing and mining industries.
- New Brunswick has the world's largest lobster. The sculpture is 11 meters long (35 feet), 5 meters tall (16 feet) and weighs in at an astonishing 90 tonnes or about 198,416 pounds!
- The Mi'kmaq and the Maliseet were the main Indigenous tribes of the land.
- New Brunswick is home to the warmest saltwater beaches north of Virginia.



# Nova Scotia

- Nova Scotia is one of Canada's ten provinces.
- Its capital is Halifax
- It is an Atlantic or "Maritime" province.
- It can be found on the East Coast of the country, near the Atlantic Ocean.
- Nova Scotia joined the Canadian Confederation in 1867.
- Hockey was invented by Mi'kmaw people of Nova Scotia.
- Mi'kmaq and First Nations people have enriched this province with their legends, art, music, spirituality, history and language.
- Mi'kmaw stories refer to Kejimikujik, which is a National Park in Nova Scotia, as the "land of the fairies".
- 50,000 tonnes of lobsters are hauled from Nova Scotia waters every year.
- Nova Scotia's Bay of Fundy is home to the world's highest tides.
- Peggy's Cove has one of the most photographed lighthouses in the world.
- Summer and fall are the best times to go whale watching in Nova Scotia
- 12 whale species are known to swim in Nova Scotia's waters.



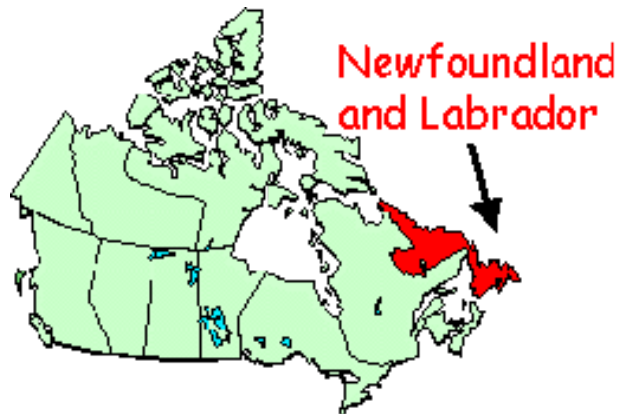
# Prince Edward Island

- Prince Edward Island is the smallest of Canada's ten provinces.
- Its capital is Charlottetown
- It is an Atlantic or "Maritime" province.
- It can be found on the East Coast of the country, near the Atlantic Ocean.
- The province joined Confederation on July 1, 1873.
- Famous for its beaches, characterized by the red colour of the sand.
- Prince Edward Island produces 25% of Canada's potatoes and is a popular spot for farming.
- In 2016, out of the 2,740 Aboriginal people in Prince Edward Island, 1,875 were First Nations people, 710 were Métis, and 75 were Inuit.
- The Mi'kmaq First Nations (Micmac) first inhabited Prince Edward Island, naming it Epekwitk meaning “cradled on the waves.”
- Prince Edward Island is Canada’s only province with no land boundary
- Residents are known as Prince Edward Islanders or just "Islanders"



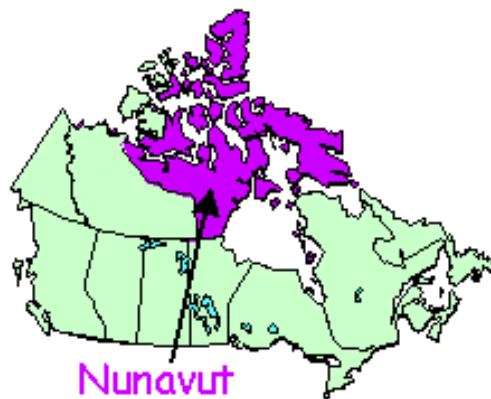
# Newfoundland and Labrador

- Newfoundland and Labrador is one of Canada's ten provinces.
- Its capital is St. John's.
- St. John's is the oldest city in North America, appearing on maps as early as 1519
- It is an Atlantic or "Maritime" province.
- It can be found on the East Coast of the country, near the Atlantic Ocean.
- Newfoundland and Labrador joined the Canadian Confederation in 1949.
- There are no snakes, skunks, deer, porcupines or groundhogs on the island of Newfoundland.
- The Royal St. John's Regatta (rowing) is one of the oldest sporting events in Canada.
- France is only an hour boat ride away.
- Two dog breeds are named after the province: the enormous, gentle, web-footed Newfoundland and the most popular dog breed in the world, the Labrador.
- Newfoundland has one of the most spectacular whale populations in the world. 22 species of whales live in the waters around the province.



# Nunavut

- Nunavut is the eastern-most Canadian territory.
- Iqaluit is the capital city.
- Iqaluit has the second-highest tide in Canada, reaching 12 metres.
- Up until 1999, Nunavut didn't exist.
- On April 1, 1999, the eastern portion of the Northwest Territories was carved out and the territory of Nunavut was born.
- Nunavut is Canada's largest province or territory with a total area of 2,093,190 sq. km
- Nunavut makes up 1/5th of Canada's landmass
- Nunavut is home to Tim Horton's most northern location
- The territory has 4 official languages: English, Inuktitut, French and Inuinnaqtun
- Nunavut means "our land" in Inuktitut
- Nunavut contains some of the oldest rocks in the world (4.5 billion years old)
- Roughly 75% of the world's narwhal population migrate into Nunavut
- Barbeau Peak, on northern Ellesmere Island, is the territory's highest point, reaching an elevation of 2,616 metres.



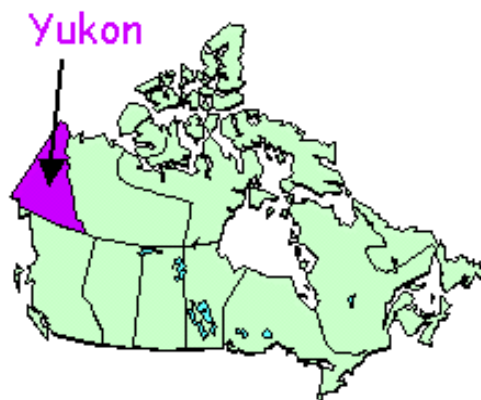
# Northwest Territories

- Northwest Territories (NWT) is the central Canadian territory.
- Yellowknife is the capital city.
- It became a territory in 1870
- Up until 1999, the Northwest Territories were twice the size.
- On April 1, 1999, it was split to recognize Nunavut as a separate territory.
- Virginia Falls in the Nahanni National Park is almost twice the height of Niagara Falls
- The Northwest Territories is the best place to see the Aurora Borealis (also known as Northern Lights) where it is visible 240 nights per year
- Two of the largest freshwater lakes (Great Slave Lake and Great Bear) and river systems (Mackenzie River) in North America are in NWT
- From North to South, NWT is home to the Inuvialuit, the Gwich'in, the Sahtu Dene and Metis, the Dehcho people, the Tłı̨chǫ and the Akaitcho.
- Yellowknife is called the Diamond Capital of North America.
- The official fish of the Northwest Territories is the Arctic Grayling (*Thymallus arcticus*)



# Yukon

- Yukon is the western-most Canadian territory.
- Whitehorse is the capital city.
- The Yukon Territory is bordered on the Western side by the U.S. State of Alaska.
- To the north is the Beaufort Sea and to the south is the Province of British Columbia.
- Became a territory in 1898.
- There are 14 unique First Nations in the Yukon, this ancient territory has been home to the Indigenous peoples of Yukon for centuries—roughly 12,000 years.
- The Aurora Borealis (or “Northern Lights”) can often be seen from mid-August through to mid-April!
- The population is as low as approximately 40,000 people!
- The province’s largest industry is mining (for example, copper and iron).
- There is a lot of tundra with permafrost (permanently frozen soil) in the north, which limits construction, agriculture, and farming.
- Around  $\frac{1}{4}$  of the population of New Brunswick are First Nations persons, and they are considered a federal responsibility if registered.
- Yukon is famous for the Klondike gold rush.



# British Columbia

- British Columbia is the western-most Canadian province.
- Victoria is the capital city.
- British Columbia became a province of Canada in 1871.
- It is located beside the Pacific Ocean
- The Rocky Mountains run down the border of Alberta and British Columbia and extend into the United States.
- British Columbia is home to Métis and more than 200 distinct First Nations – one-third of all the Indigenous people in Canada.
- Among all provinces and territories of Canada, British Columbia has the mildest climate. It has the longest frost-free periods of Canada and flowers often start blooming as early as February.
- The wettest city of Canada is Prince Rupert on the west coast of British Columbia. With an average of 239.7 days of rain per year and a total amount of 2593.6 mm of rain per year, it was given this title by The Weather Network.
- Vancouver Island is also home to the highest waterfall in Canada.
- Whistler is home to the longest unsupported cable car in the world. It connects the two peaks of the Whistler Blackcomb ski resort, one of the best resorts in North America for skiing and snowboarding.





# Alberta

- Alberta is the westernmost "prairie province".
- Edmonton is the capital city.
- Alberta became a province of Canada in 1905.
- Before becoming a province, Alberta was part of the Northwest Territories.
- The Rocky Mountains run down the border of Alberta and British Columbia and extend into the United States.
- Banff National Park is the oldest national park in Canada and contains more than 1000 glaciers
- There are 48 First Nations and 140 reserves in Alberta
- Wood Buffalo National park is home to the world's largest free-roaming herd of wood bison.
- The world's longest beaver dam is also Wood Buffalo National Park and measures 850 metres long.
- A Chinook is a warm, damp wind that comes from the west down off the Rocky Mountains, which can increase the temperature by 15 to 20 degrees in a few hours.
- North America's largest mall is also an amusement park located in Edmonton, Alberta



# Saskatchewan

- Saskatchewan is the middle "prairie province".
- Regina is the capital city.
- Saskatchewan became a province of Canada on September 1, 1905.
- Supplied more than a third of the world's durum wheat and is the world's top exporter of lentils and dry peas,
- There are over 70 First Nations in Saskatchewan currently living in 782 reserves, settlements and villages.
- Cree is the second most spoken language in the province with over 20,000 native speakers.
- Saskatchewan is famous for having the most dedicated football fans in the CFL for their team, the Saskatchewan Roughriders.
- Saskatchewan is the easiest province to draw, being almost rectangular.
- Although Saskatchewan is a prairie province, over half of it is forested.
- Lake Athabasca is home to the Athabasca Sand Dunes, one of the most northerly active sand dune formations on Earth.
- Saskatchewan is in the central time zone and does not do Daylight Saving Time.



Saskatchewan

# Manitoba

- Manitoba is the eastern-most of the "prairie provinces".
- Winnipeg is the capital city.
- Manitoba became a province of Canada on July 15, 1870.
- It is the home of Wapusk National Park
- The earliest inhabitants of the area were the Ne-hiyawak(cree) and the Nakotas (Assiniboin). As well as the Anishinsha and the Dakota (sioux).
- Winnipeg is the Cree word for muddy waters.
- The town of Churchill is known as the polar bear Capital of the world.
- There are over 100,000 lakes throughout the province of Manitoba.
- The major lakes are Lake Manitoba, Lake Winnipegosis, and Lake Winnipeg.
- Lake Winnipeg is the sixth-largest freshwater lake in Canada and the tenth-largest freshwater lake in the world.
- The great grey owl was adopted by Manitoba as the provincial bird on July 16, 1987.
- The prairie crocus was named the provincial flower on March 16, 1906.
- Lacrosse was started by the First Nations people and was originally known as "stickball".



Appendix 2 - Passports

**Ontario**

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- What is special about Ontario's size?  
It is the \_\_\_\_\_ largest province.
- What is Ottawa to Canada?  
\_\_\_\_\_
- How many Great Lakes are there?  
\_\_\_\_\_
- Name one of the Great Lakes  
\_\_\_\_\_
- Before \_\_\_\_\_ it was known as  
Upper Canada
- The trillium is the \_\_\_\_\_  
\_\_\_\_\_ of Ontario.
- In Ontario, there are \_\_\_\_\_ distinct  
groups of First Nation peoples. One of the  
First Nation group is the \_\_\_\_\_



**Activity - Boating on Scooters**

Starting from one line to another we are going to be boating across the great lakes! Move back and forth across the shores using only your feet to propel your boat. Be careful not to create waves by bumping into anyone!

**Quebec**

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- What is special about Quebec size?  
\_\_\_\_\_
- What is the main language spoken?  
\_\_\_\_\_
- \_\_\_\_\_% of the world's maple syrup is  
produced in Quebec.
- Name the indigenous tribe of the area  
\_\_\_\_\_
- What is the name of the largest lake in  
Quebec?  
\_\_\_\_\_
- Lacrosse was originally called  
\_\_\_\_\_



**Activity - Ice Canoeing**

Start by standing shoulder-width apart with their knees bent. Then extend your arms out in front of your body and pretend to hold a pair of oars. Pull your hands in toward your waist as you extend your legs and jump up. Land in the start position. Repeat until you reach the end of the line.

## New Brunswick

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is New Brunswick located (West or East coast)?
- What kind of province is New Brunswick?  
\_\_\_\_\_
- What ocean is it near?  
\_\_\_\_\_ ocean.
- Is there more than one official language in New Brunswick? (Yes or No)
- The \_\_\_\_\_ and the \_\_\_\_\_ were the main Indigenous tribes of the land.
- New Brunswick has the world's largest \_\_\_\_\_.



**New Brunswick**

### Activity - Log Dancing

Let's be log dancers from New Brunswick! Pick a starting side, and jump with both legs together from side-to-side over the bench, for 30 sec. Then perform jumps with one leg bent back and the other straight down jumping over the bench, switching legs on each side, for 30 sec!

## Nova Scotia

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is Nova Scotia located (West or East coast)?
- What kind of province is Nova Scotia?  
\_\_\_\_\_
- Which two Indigenous groups live in Nova Scotia?  
\_\_\_\_\_  
\_\_\_\_\_
- What types of contributions did Indigenous people of this region share?  
\_\_\_\_\_
- Which seafood is Nova Scotia best known for?  
\_\_\_\_\_
- Who were the first inventors of Hockey?  
\_\_\_\_\_



**Nova Scotia**

### Activity - Hockey

Shoot some goals! Glide your feet across the arena to skate on the ice then pretend to shoot a goal into your opponents net!

## Prince Edward Island (PEI)

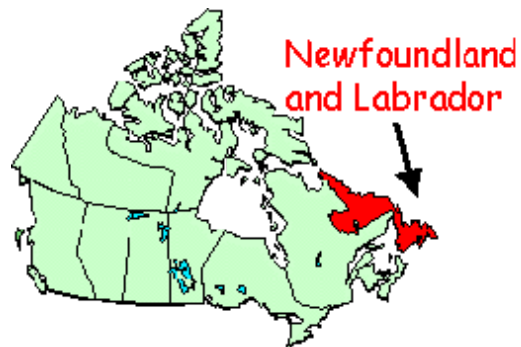
- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- What is special about PEI size?  
\_\_\_\_\_
- Where is PEI located (West or East coast)?
- What kind of province is PEI?  
\_\_\_\_\_
- The sand in PEI is \_\_\_\_\_ in colour.
- Produces \_\_\_\_\_% of Canada's potatoes.
- What does Epekwitk mean?  
\_\_\_\_\_  
\_\_\_\_\_
- Who named PEI Epekwitk?  
\_\_\_\_\_
- PEI has \_\_\_\_\_ land boundaries.
- Residents are known as Prince Edward \_\_\_\_\_ or just " \_\_\_\_\_ "



Activity - Yoga

## Newfoundland and Labrador

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is Newfoundland and Labrador located (West or East coast)?
- What kind of province is it?  
\_\_\_\_\_
- There are \_\_\_\_\_ species of whales.
- Which country is it closest to?  
\_\_\_\_\_
- What are the two dog breeds named after the province? \_\_\_\_\_
- Which sport is played at the Royal St. John's Regatta? \_\_\_\_\_
- Which city in Newfoundland and Labrador is the oldest in North America?  
\_\_\_\_\_



### Activity - Rowing motion

Let's get ready to Row, Row, Row your Boat!

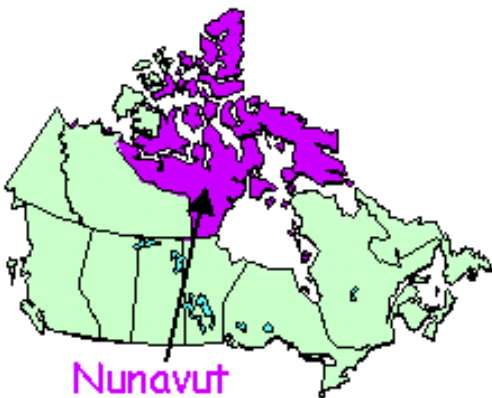
Sit down on the floor, extend your legs in front of you. Open your arms to the side and bend elbows. Next, you will bend your knees, bring your legs closer to you and at the same time extend your arms in front of you.

Repeat!

Now relax, hold the child's pose! Take deep breaths and pretend to be the smallest province!

### Nunavut

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- How was Nunavut created?  
\_\_\_\_\_
- Nunavut makes up \_\_\_\_\_ of Canada land mass?
- Can you find a Tim Horton in Nunavut?  
\_\_\_\_\_
- How many official languages are in Nunavut? \_\_\_\_\_
- What does Nunavut mean in Inuktitut?  
\_\_\_\_\_
- How many years old is the oldest rock in Nunavut? \_\_\_\_\_
- What is the territory's highest point?  
\_\_\_\_\_



Nunavut

#### Activity - Yoga Curling

Let's prep our muscles for curling!  
Perform Warrior 1 (do a lunge then lift your arms and link your hands together, look up if

### Northwest Territories

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- What happened on April 1st, 1999?  
\_\_\_\_\_
- \_\_\_\_\_ is almost twice as tall as Niagara Falls.  
\_\_\_\_\_
- What is the Aurora Borealis?  
\_\_\_\_\_
- You can see the Aurora Borealis \_\_\_\_\_ nights per year.
- Name one of the two largest freshwater lakes in NWT.  
\_\_\_\_\_
- \_\_\_\_\_ is the official fish of NWT.



Northwest Territories

#### Activity - Lunges

Now we are going to split our feet like NWT did to create Nunavut! Lunge forward

you can, hold the position for 15 seconds) + Warrior 2 (same as Warrior 1 except one arm is extended in front of you the other in back, hold the position for 15 seconds)

bending your front leg and keeping back leg straight, spring front leg back into neutral/standing position. Switch legs and repeat!

### Yukon

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is Yukon located (West or East coast)?
- What U.S. State borders Yukon?  
\_\_\_\_\_
- This territory has been home to the Indigenous peoples of Yukon for roughly \_\_\_\_\_ years.
- Around how much of Yukon's current population are First Nations persons?  
\_\_\_\_\_
- What is the province's main industry?  
\_\_\_\_\_
- Yukon is famous for the \_\_\_\_\_ gold rush.
- What is permafrost?  
\_\_\_\_\_



Activity - Gold Mining

### British Columbia (BC)

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is BC located (West or East coast)?
- What ocean is it near?  
\_\_\_\_\_
- Vancouver Island is home to the highest \_\_\_\_\_ in Canada.
- BC is home to which Indigenous peoples? \_\_\_\_\_ and more than \_\_\_\_\_ distinct First Nations.
- BC has the \_\_\_\_\_ climate in Canada.
- Which month can flowers start to bloom in BC?  
\_\_\_\_\_
- What is the wettest city in BC and all of Canada?  
\_\_\_\_\_





One partner places yellow bean bags on the floor within the cave area, then the other partner crawls around with eyes closed, trying to “mine for gold” by collecting the bean bags! Now switch.

**Activity - Ball Ski Jump**  
Hold a ball with both hands while moving it side to side! Now get ready to ski, jump with both feet from side to side alternating arms.

### Alberta

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- The \_\_\_\_\_ Mountains run down the border of Alberta British Columbia.
- The oldest national park in Canada is \_\_\_\_\_.
- How many First Nations are in Alberta? \_\_\_\_\_
- Name of the warm wind that comes from the West. \_\_\_\_\_
- The world’s longest \_\_\_\_\_ is in Wood Buffalo National Park. It is \_\_\_\_\_ metres long.
- The largest mall in North America is located in \_\_\_\_\_.



**Activity - Mountain Climbing**

### Saskatchewan

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Saskatchewan is a \_\_\_\_\_ province.
- There are over \_\_\_\_\_ First Nations in Saskatchewan.
- What is the second most spoken language? \_\_\_\_\_
- Which sport do the Saskatchewan Roughriders play? \_\_\_\_\_
- Saskatchewan’s shape is almost a \_\_\_\_\_.
- What two crops does Saskatchewan export the most in the world? \_\_\_\_\_



**Activity - Football Shuffle**

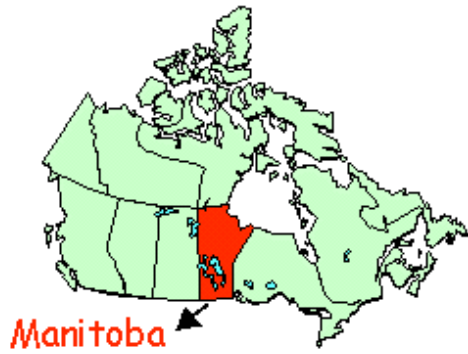
Starting in a plank position alternatively “march” one knee up at a time in a climbing motion! Speed up when ready or choose to do this activity standing!

Now you are climbing Alberta’s Rocky Mountains in Banff National Park!

Start in a squat a little wider than shoulder-distance apart, march the knees up one at a time! Imagine you are stepping through tires and preparing for your next football game!

### **Manitoba**

- Capital: \_\_\_\_\_
- Year of confederation: \_\_\_\_\_
- Where is Manitoba located (West or East coast)?
- What kind of province is Manitoba?  
\_\_\_\_\_
- Manitoba is home to the \_\_\_\_\_ national park.
- Winnipeg means \_\_\_\_\_ in Cree.
- The town of \_\_\_\_\_ is the polar bear capital of the world.
- There are over \_\_\_\_\_ lakes in the province of Manitoba.
- Lake \_\_\_\_\_ is the sixth-largest freshwater lake in Canada.
- \_\_\_\_\_ was started by the First Nations people and was originally known as "stickball".



**Activity - Scoop ball**

Two students standing 1 meter apart, facing each other. One of the students will aim to throw the ball and the other student will catch the ball with the scooper. Best out of four tries.

