

# ***WALK ACROSS NEWFOUNDLAND HIKE***

Set Up      Map of region would be helpful;  
              Students can move their chair in to create space to move on the spot.

The teacher leads the students on an imaginary hike across Newfoundland, Canada, Norway, or any other region. Using the map, the teacher calls out the name of a site and an activity well known to that particular site (like hiking up Gros Morne Mountain). Students and teacher then do that activity for a certain period of time. Activities that could be considered are hiking, swimming, cycling, paddling, fishing, berry picking, and anything else that comes to mind. Students should be encouraged to name their own favorite spots and activities associated with that locale.

Hiking      Arms reaching up, Knees raised high, Marching on the spot

Swimming    Front and back crawl, breast stroke, Bobbing up and down

Cycling      Sit on chair with legs pedaling forwards; Flat tire (chair dips)

Paddling     Canoe paddling (4 strokes on each side and switch); Portage; Rowing a dory