



Equipment	Tarps or old sheets, rope, sticks, other natural shelter-building materials
Learning Outcome	Demonstrate how to tie various types of knots and use team building skills to build a shelter in an outdoor environment.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. If possible, limit the amount of students who touch the same piece of equipment. Clean or sanitize the equipment before and after the activity.

Flipped Classroom Strategy (Optional)

A flipped classroom is an instructional model where direct instruction is delivered to students outside of and before instructional time. Students are introduced to content that supports the introduction, comprehension, and recall of content and then instructional time is utilized to apply, analyze, synthesize, or evaluate content.

Before implementing this activity during instructional time, share a video or written instructions with students introducing different types of camping knots used to tie ropes for shelters effectively. Encourage students to try tying knots with a string or rope available to them.



Activity Description

Introduce students to various camping knots by demonstrating or sharing a video. If utilizing a flipped classroom strategy, remind students to apply what they learned in advance of the activity. Provide students with some time to practice the different knots if needed.

Take students to a safe natural environment where they will be able to build a shelter and utilize other natural materials without disturbing the ecosystem. Divide students into groups of 3-4 students and provide each group with tarps, old sheets, and rope. Challenge groups to choose a space and build a shelter utilizing the equipment they have been provided as well as any available natural materials. Remind students to respect the natural environment and only use sticks, branches, leaves, etc. that are already on the ground. Students use camping knots to tie the rope to keep their shelter in place. After groups have built their shelters, encourage groups to walk around and observe other shelters considering similarities and differences of all the shelters.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical education. Consider asking students the reflection questions below and discuss the answers together.

- How did your shelter differ from the shelters of other groups? How was it the same?
- What is one creative solution that your group came up with when building your shelter?



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in an area that students are comfortable navigating.	Students practice setting up a tent instead of building their own shelter.	Students are provided a frame to support their shelter.	Provide regular verbal cues to students to support them with building their shelter.

Observing Learning Outcomes

Consider the following when observing student learning.

- Is the student able to demonstrate how to successfully tie at least one camping knot?
- Is the student able to demonstrate teamwork skills such as appropriate communication and problem solving?
- Is the student able to contribute successfully in building a shelter using the given materials?