



# Healthy Communities

## Finding Recreational Facilities

<b>ELSA Level:</b>	Levels 2/3
<b>Activity:</b>	Use a map to locate recreational facilities
<b>Time:</b>	1 hour
<b>Materials:</b>	Worksheet #1 (page 21) One map of your city/community per group

### Learning Outcomes:

Learners will be able to:

- Locate indoor and outdoor venues for various physical activities using a community map.

### Suggested Approach:

- As an introduction to this activity, instructor can do a brainstorming session with the class to identify physical landmarks/activities in your community i.e. parks, beaches, hiking trails, community centres, swimming pools, rivers etc.
- Instructor gives a map of the city and a worksheet to each group. (maps are commonly available through your local tourist information centre, or by contacting your community Parks and Recreation Board. They may also be available online, for classes with access to a computer lab).
- Learners work in groups to complete the worksheet and can compare their answers with other groups in the class.
- Instructor can compile the information on flip chart paper under the titles: "Where can I go? and What can I do there? " and keep it hanging up in the classroom as a reminder to learners of what activities are readily available in their community.
- As an extension activity for higher level classes, instructors can have learners use the places and associated activities to make their own "Find someone who..." For example: Find someone who...has had a picnic at Jericho beach...has gone swimming at...

# Worksheet #1

Look at a map of your city and answer the questions:

Can you find the names of 2 bodies of water in your city? (rivers, lakes)

1. \_\_\_\_\_ 2. \_\_\_\_\_

What are two activities you can do in the water?

1. \_\_\_\_\_ 2. \_\_\_\_\_

What are 3 **outdoor** activities you can do in your city? Where can you go to do them?

Activity:

Where can you do it?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What are 3 **indoor** activities you can do in your city? Where can you go to do them?

Activity:

Where can you do it?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Where is a nice place to go for a picnic?

\_\_\_\_\_

Where are two places you can go for a long walk or a hike?

1. \_\_\_\_\_ 2. \_\_\_\_\_

Where can you swim in an indoor pool?

\_\_\_\_\_

Where is a nice place to ride a bicycle?

\_\_\_\_\_