



# Nature-Based Physical Activities: Nature Connection in PE

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# Land Acknowledgment





# Learning Intentions

*I will be able to...*

- 1) Describe what Nature-based PA is (and isn't)
- 2) Implement different Nature-based PA into my PE program.



# Agenda

01

What is NBPA?

02

Nature Walk with Games + Others



01

# What is Nature-Based Physical Activity?

# Nature-Based Physical Activity

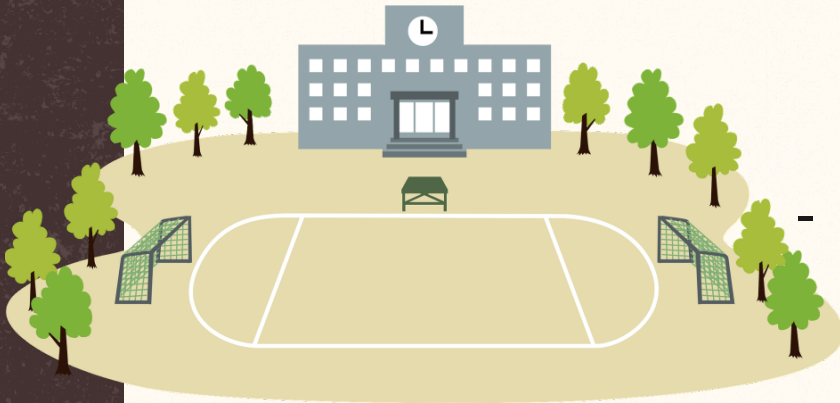
- Natural Environments
- Little/no equipment
- Implemented throughout the year
- Strengthen connection between students & land they live





# Nature-Based Physical Activity

- Close to school
- Cheap
- Short
- Inclusive



# Nature-Based Physical Activity





# Benefits of NBPA

- Nature connectedness
- Promote engagement in PA for a lifetime
  - Improves health & wellness
    - Reduces stress
  - Increased in time engaged in PA
    - Increase in enjoyment
- More likely to participate in future PA



# Benefits of NBPA

- Opportunities for social interaction & greater positive interaction amongst peers
  - Increase in self-confidence
  - Increase in attentiveness
- Aligns with cultural traditions of Indigenous Peoples



# Tips to Implement

- Natural area on or close to school grounds
- Emphasize connection to nature (e.g., use rocks, sticks, leaves, pinecones as natural equipment)
- Include little or no specialized equipment
- Take place within regular time frame of a PHE lesson

Provide connection between students and place





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Provide connection between students and place



# Scavenger Hunt

1. Get into small group. Up to 6 groups on App & 6 with clipboards.

2. One or multiple people can download app on phone.



3. Click “Continue as Guest”

4. Join Code - type in... V85G6L

5. Click on “Create Team”

6. Enter your team name and click “Join this Experience”

# Animal Grouping





# Meet a Tree



# Stick Catch Game





# Rock in the Fist





# Looking For Your Shade



# Eagle Eye





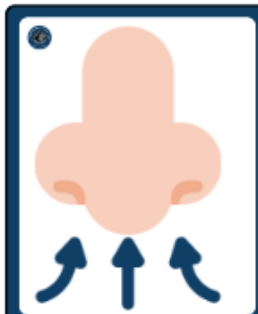
# Walk With Intention



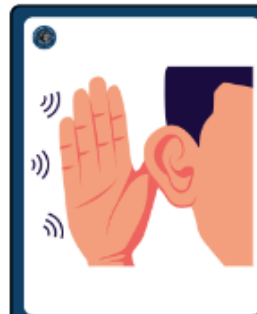
## Walk With Intention



WALK WITH YOUR NOSE



BREATHE AS YOU WALK



WALK WITH YOUR EARS



SING AS YOU WALK



Walk slowly and take time to close your eyes while putting your hands over your ears to help direct attention back to your sense of smell.

Slowly exhale immediately after breathing in an aroma - leaves after rubbing them together, a flower, or pine needles, for example.



Take a walk and breathe through your nose.

Nasal breathing is important for filtering, humidifying, and warming the air you breathe, enhancing oxygen exchange, reducing stress, and supporting overall health and well-being. It is the body's natural and beneficial way of breathing.



Walk somewhere quiet where you can listen to the natural world. Listen for birds, rustling tree leaves, twigs snapping underfoot, animal noises, etc.). Try cupping your hands around your ears to amplify the sounds around you.

Close your eyes every now and then to refocus on the sounds you hear.



Choose a song (or two) and sing while you walk. If walking with others, choose a song that everyone knows or one that can be learned in a short amount of time.

Be mindful of others on your walk - some may not want to hear your singing on their walk.

*Adapted from:*

Streets, A. (2022). *52 ways to walk*. Bloomsbury.



# Recap of NBPA



## NATURE-BASED PHYSICAL ACTIVITY IN PE

Many lifetime physical activities occur outside and in nature including cycling, trail running, kayaking, skiing, etc. How might PE programming better support youth during formal schooling to become lifelong movers with nature in mind?

### What it is not

They are not outdoor education programmes. Outdoor Ed programming often includes overnight adventures while NBPA are "microadventures" (Gruno & Gibbons, 2020) that take place at or close to school. NBPA are often more accessible for the whole student population.

### Definition

Nature-based physical activities (NBPA) are physical activities performed in natural environments that require little to no equipment, can be participated in by the majority of students, are cost-efficient, & can be implemented by PE teachers frequently throughout the school year (Gruno & Gibbons, 2020). These activities strengthen the connection between students & the place where they live (Aucoin, 2010). These nature-based physical activities are done in green areas on or near school grounds within the timeframe of one PE lesson (Gruno & Gibbons, 2020).

### Activities

- ✓ Disc golf
- ✓ Gardening
- ✓ Bird watching
- ✓ Hiking
- ✓ Forest games
- ✓ Geocaching
- ✓ Orienteering
- ✓ Scavenger hunts
- ✓ Survival skills
- ✓ Indigenous games
- ✓ Conservation activities
- ✓ Running/Jogging
- ✓ Swimming



### Benefits

- ✓ Nature connectedness
- ✓ Promote engagement in physical activities for a lifetime
- ✓ Improve health & wellness
- ✓ Stress reduction
- ✓ Increase time engaged in physical activity
- ✓ Increase in enjoyment
- ✓ Greater intention to participate in future outdoor exercise
- ✓ Opportunities for social interaction & greater positive interactions amongst peers
- ✓ Increase self-confidence & attentiveness
- ✓ Aligns with cultural traditions of Indigenous Peoples

### Tips to Implement in PE

Sedentary & less physically skilled students are more likely to participate in NBPA when tasks are: simple, fun, & socially supportive (Flett et al., 2010).

NBPA should:

- take place in a natural area on or near school grounds
- emphasize a connection to nature (e.g. make use of leaves, sticks, rocks, trees)
- include little or no specialized equipment
- happen within the timeframe of a regular PE lesson
- be personally relevant & provide students with a connection to place (e.g., physical activities performed connect to local community) (Gruno & Gibbons, 2020)

### Acknowledgements

The visual is based on the work of: Gruno, J., & Gibbons, S.L. (2020). Incorporating nature-based physical activity in physical and health education. *Journal of Physical Education, Recreation & Dance*, 91(3), 26-34.  
<http://dx.doi.org/10.1080/07303084.2019.1705210>