

Outdoor Rally “Let’s move in the park!”

Information for teachers and accompanying adults

The rally « Let’s move in the park!» takes place in the park area surrounding Fort Chambly. With a map and a list of questions in hand, students explore 12 stations and answer the corresponding questions. The rally can be completed in teams of 2 to 4 students in accordance with the teacher’s preference. The activity lasts between 45 and 55 minutes.

The goals are to:

- 1) review and assimilate information presented in the previous activities;
- 2) explore the park while exercising;
- 3) encourage team work.

SEQUENCE OF EVENTS

- At the agreed upon time, meet Parks Canada guides behind the fort, under the tree next to the red chairs. Lunch boxes may remain there during the rally, ideally supervised by an adult.
- Presentation of instructions. The departing points are different for each group (ex., Group 1: Station 1, Group 2:Station 9, Group 3:Station 5 and Group 4:Station 12)
- A Parks Canada guide will be posted at **station 2 (Guard House)** to ensure that students remain within the park boundaries and to assist with the activity. Another guide will be posted at **station 9 (near P1 parking lot)** to provide directions and to also ensure that students remain within the park boundaries.
- During the rally, it is recommended that one student be responsible for the **map** indicating the location of the stations, and that another be in charge of reading the **questions** out loud and writing the answers.
- The rally is a self-directed activity. The teachers/accompanying adults should remain available in the park to help direct the students. Students will not be accompanied by a guide at every station.

IMPORTANT

- ✓ Please bring enough copies of the map and the list of questions, as well as pencils.
- ✓ In the event of rain, an alternative option will be presented to you.
- ✓ The answers are available on the next 3 pages.

Answers to outdoor rally “Let’s move in the park!”

1. Portage Trail

RICHELIEU

a) Beaucours, Burgoyne, Cathcart

2. Guard House

- YES or NO depending on students’ abilities to stand still on guard
- Best time: Personal answer.
- 2 observations during watch duty: Personal answers (Examples: St-Stephens Church, cyclists, pedestrians, dogs on leash, cars, etc.)

3. Picnic Tables

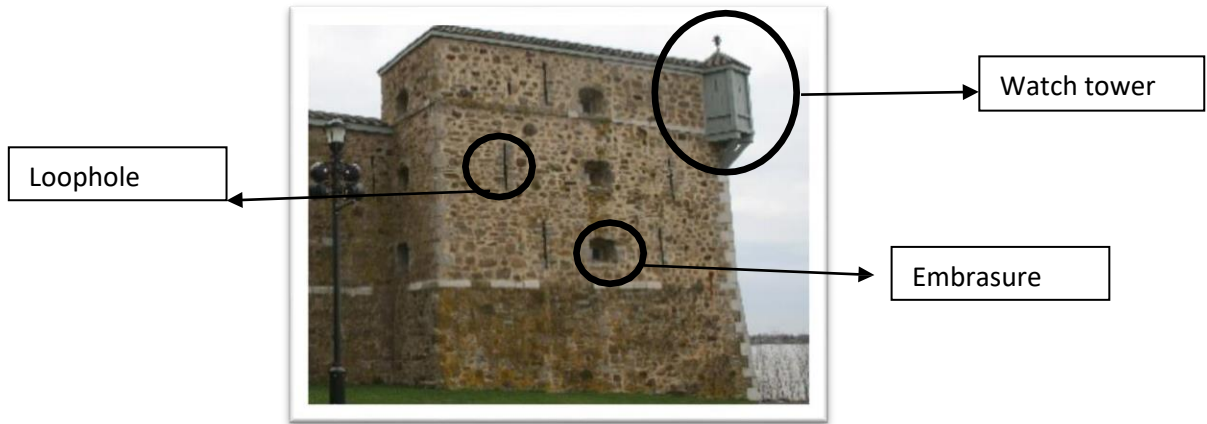
1709 Fort Chambly becomes **British**.
 1760 **The French** build a stone fort.
 1775 **Patriotes Uprisings**: Some subjects refuse to be under British control.
 1812 **War between the United States and Great Britain**. A military base camp is built in the park.
 1837 Fort Chambly becomes **American!**

4. Work out!

EXERCICES	Check ✓
15 seconds of running on the spot	✓
10 push-ups	✓
10 jumpings jacks	✓
10 sit-ups	✓

5. The fort: Defence System

- b) Bastion



6. Copper Redhorse

Two of the answers below:

- I respect the boundaries, restricted periods and all other by-laws enacting the Pierre-Étienne-Fortin Wildlife Refuge, when walking, swimming and boating.
- I leave underwater pebbles and stones undisturbed because they make up essential copper redhorse spawning habitat, which needs preservation.
- I do not alter by any way the vegetation and grounds of islands in the Wildlife Refuge, so as to maintain their ecological integrity.
- I respect Quebec's fishing regulations; I learn to recognize suckers and redhorses so I can release them if I accidentally catch one and I do not use redhorses as bait, whether dead or alive.
- When boating, I slow down in shallow water, near aquatic vegetation and along shorelines to avoid disturbing copper redhorse breeding adults, eggs and larvae.
- I contribute greatly to the well-being of the river by leaving intact and restoring the 10 meter wide or greater strip of natural vegetation throughout the shoreline.

7. Tongue Twister

Tongue twister exercise. Box to be checked.

8. Mountain

- c) Mount Saint-Bruno

9. Monument

C E M E T A R Y

Box to be checked.

10. Trees

- Mr Joseph-Octave Dion, first curator of Fort Chambly : red oak
- Gilles T. Sénécal, lock-keeper at Chambly Canal : honey locust
- 300th anniversary of the Laprairie battle : red maple

11. Former Stockade

No answer. Balance challenge.

12. Entrance door

Personal answers.