

Canada's Provinces and Territories Curriculum Map

Seventeen lessons expose students to Canada's wonderful country, and will expand student knowledge of Canada's Physical Regions, Climate, Provinces, Territories, Capital Cities, Bodies of Water, Natural Resources, Industrial Growth, and its People. During this study, students will develop and strengthen reading, research, and mapping skills.

Teacher Notes include, overall expectations and planning ahead ideas.

The seventeen lessons include learning expectations, discussion ideas where applicable, and answers.

Lesson Plan #1: Where is Canada?

Students will:

- identify, locate, and label the continents and the oceans of the world.
- identify Canada's location in the world.
- recall and record learned information.

Lesson Plan #2: Canada's Borders

Students will:

- identify Canada's borders within the country.
- identify and label Canada's borders with another country.
- recall and record learned information.

Lesson Plan #3: Canada's Provinces and Territories

Students will:

- identify and locate each territory and province found in Canada.
- label each province and territory correctly on a map of Canada.
- identify the provinces called Atlantic Provinces, Prairie Provinces, and the Territories.
- identify their own province or territory.

Lesson Plan #4: Borders Inside Canada

Students will:

- use a map to locate information.
- identify and complete borders between provinces.
- label a political outline map of Canada independently.

Lesson Plan #5: Canada's Capital Cities

Students will:

- identify and locate each capital city on a map of Canada.
- associate each capital city to its province and territory.
- associate each province and territory to its two-letter designator

Lesson Plan #6: Physical Regions of Canada

Students will:

- identify the characteristics of the physical regions of Canada.
- be able to locate regions on a map of Canada.
- understand and use geographical terminology.

Lesson Plan #7: Rivers of Canada

Students will:

- identify and describe the main features of a river system.
- identify major rivers of Canada.
- demonstrate an understanding of the significance of the St. Lawrence River.
- understand the terms *mouth, source, branch, delta, flow, tributary, etc*

Lesson Plan #8: Lakes of Canada

Students will:

- identify and locate major lakes of Canada.
- demonstrate an understanding of the significance of the Great Lakes.

Lesson Plan #9: Canada's Population

Students will:

- recognize the areas that are heavily populated in Canada and why.
- identify what affects population growth or decrease in growth.
- compare population in provinces and territories.

- interpret a population circle graph.
- read a map showing the distribution of the population of Canada.

Lesson Plan #10: Climatic Regions of Canada

Students will:

- recognize the climatic changes in Canada from east to west and north to south.
- understand how physical features affect climate.
- identify climatic regions in Canada.
- compare temperatures in different locations in Canada.
- interpret a bar graph for information.
- identify the climate in their own community.

Lesson Plan #11: Canada's Natural Vegetation

Students will:

- recognize the vegetation regions located in Canada.
- understand that location and climate affect the types of vegetation that can grow in certain areas.
- identify the vegetation zone in which they live.

Lesson Plan #12: The Atlantic Provinces

Students will:

- become more knowledgeable and better acquainted with the area's location; provinces; physical features; climate; bodies of water; agriculture; mineral resources; fishing; cities in the Atlantic Provinces; symbols and flags of each province.
- develop reading and research skills to locate answers requested by various questions.
- identify and label a map of the Atlantic Provinces.

Lesson Plan #13: Québec

Students will:

- become more knowledgeable and better acquainted with the location, physical features, climate, bodies of water, agriculture, mineral resources, industries, cities, symbols, and flag of Québec.
- develop reading and research skills to locate answers requested.

- identify and label a map of Québec

Lesson Plan #14: Ontario

Students will:

- become more knowledgeable and better acquainted with the location, physical features, climate, bodies of water, boundaries, agriculture, mineral resources, industries, cities, symbols and flag of Ontario.
- develop reading and research skills by locating answers requested.
- identify and label maps of Ontario.

Lesson Plan #15: The Prairie Provinces: Manitoba, Saskatchewan, and Alberta

Students will:

- become more knowledgeable and better acquainted with the location, physical features, climate, bodies of water, boundaries, agriculture, mineral resources, industries, cities, symbols, and flags of the Prairie Provinces.
- develop reading and research skills to locate answers requested.
- identify and label maps of Manitoba, Saskatchewan, and Alberta.

Lesson Plan #16: British Columbia

Students will:

- become more knowledgeable and better acquainted with the location, physical features, climate, bodies of water, boundaries, agriculture, mineral resources, industries, cities, symbols, and flag of the province of British Columbia.
- develop reading and research skills to locate answers requested.
- identify and label maps of British Columbia.

Lesson Plan #17: The Territories

Students will:

- become more knowledgeable and better acquainted with the location, physical features, climate, bodies of water, boundaries, agriculture, mineral resources, industries, cities, symbols, and flags of the Territories of the Yukon, Northwest Territories, and Nunavut.
- develop reading and research skills to locate answers requested.
- identify and label maps of the Yukon, Northwest Territories, and Nunavut



Lesson Plan #6: The Physical Regions of Canada

Expectations:

The students will:

- identify the characteristics of the physical regions of Canada.
- be able to locate regions on a map of Canada.
- understand and use geographical terminology.

Discussion Time:

List the following geographical terms on the chalkboard, chart paper, or a white board. Discuss each term with your students. Beside each term, record its meaning. Complete the activity as a chart. Have the students make their own chart using the same headings and terms. The terms and meanings could be then copied onto their charts.

Geographical Terms

1. **bay**: a large, wide, deeply curved inlet along a coastline
2. **coastline**: the outline of a coast
3. **fiord**: a long, narrow bay of the sea bordered by steep cliffs
4. **glacier**: a large mass of ice formed from snow on high ground that moves down a mountain or along a sloping valley or spreading slowly over a large area of land until it melts or breaks up
5. **inlet**: a narrow strip of water running from a larger body of water into the land or between islands
6. **island**: a body of land completely surrounded by water
7. **lake**: a sizeable body of fresh or salt water surrounded by land
8. **lowland**: a low, flat region
9. **mountain**: a very high hill
10. **peak**: the pointed top of a mountain or hill
11. **peninsula**: a piece of land almost surrounded by water
12. **plain**: a flat stretch of land; prairie
3. **plateau**: a large high plain found near mountains
14. **river**: a large natural stream of water that flows into a lake, an ocean, or another river
15. **sea level**: the surface of the sea; landforms and ocean beds are measured as so many metres above or below sea level
16. **tundra**: a large region of treeless land between the permanent polar ice and the northern forests
17. **valley**: an area of low-lying land between mountains or hills; often has a river or stream flowing through it





Reproduce the Information Sheets entitled “**The Physical Regions of Canada**” pages 25 to 28 for the students to read independently or in a group. They could also be displayed on an overhead, on a white board, or used for your own general knowledge while teaching the topic. On the chalkboard or a chart, list the seven physical regions found in Canada. Explain to your students that the physical features of a country affect the way that people live and work.

Locate each region one at a time on a wall map. Have the students read the information for each region. Discuss the following items: location; land forms; minerals; vegetation; wildlife. After all the regions have been located and discussed, give your students the reproducible **Worksheet #1** on page 29 entitled “**Physical Regions of Canada.**” Make the same chart on a chalkboard or a white board. The students will review each physical region and record the necessary information on the chart. Multiple charts will have to be reproduced for student usage.

Follow-Ups:

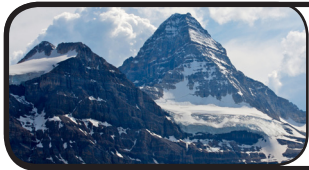
Reproduce the map entitled “**The Physical Regions of Canada**” found on page 30. The students will label the physical regions by recording each region’s name in the empty box.

Answer Key for Worksheet #1: Physical Regions of Canada page 29. Answers will vary.

Answer Key for Map called Physical Regions of Canada page 30

1. Appalachian Region
2. The St. Lawrence Lowlands
3. The Hudson Bay Lowlands
4. The Canadian Shield
5. The Interior Plains
6. Rocky Mountains
7. Arctic Lowlands





Physical Regions of Canada



Canada has seven major land regions. They are:

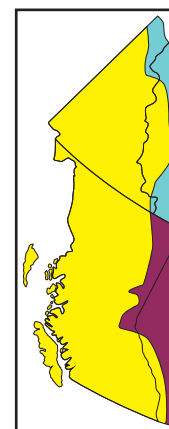
- The Cordillera Region
- The Interior Plains or Lowlands
- The Hudson Bay Lowlands
- The Appalachian Region
- The Arctic Lowlands and the Innuition Region
- The Canadian Shield
- The St. Lawrence Lowlands

The Cordillera Region

The Cordillera Region consists of the Pacific Coastal Mountain Ranges and Lowlands and the Rocky Mountains. Both of these regions consist of a very large group of mountains that extend from Alaska through to Mexico.

The Pacific Coastal Mountain Ranges and Lowlands

The Pacific Coastal Mountain Ranges and Lowlands are found in British Columbia and the southwestern part of the Yukon Territory. This region occupies almost all of British Columbia. The Queen Charlotte Islands and Vancouver Island are also included in this region. These islands are the top part of a mountain range that is partly covered by the Pacific Ocean. The Coast Mountains and St. Elias Mountains are found in this region also. Canada's highest Mountain, Mount Logan, is found in the St. Elias Mountains near the Alaskan border. It stands 5 951 metres above sea level. Glaciers cover many of the mountains found in the St. Elias Range.



The Coast Mountains run close to the coastline of British Columbia and have made many inlets called "fiords." The fiords are long and narrow inlets that provide water routes to many valuable forests. These dense forests contain tall red cedars, hemlocks, and other evergreen trees that grow on the lower slopes of the mountains. Many fur-bearing animals such as black bears and foxes make their homes in the forested areas.

East of the Coast Mountains lies an interior plateau that consists of valleys, plains, and small mountains. Many mineral resources such as "bismuth" and "molybdenum" have made this area very valuable. Farms, orchards, and grasslands for grazing cattle are found on the southern part of the interior plateau.

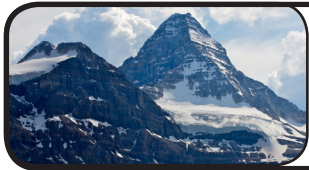


The Rocky Mountains

The Rocky Mountains are located to the east of the Pacific Ranges and Lowlands. The mountains in the Rockies are often snow-capped and vary in height from 2 100 metres to 3 660 metres above sea level. Mount Robson is the tallest peak in eastern British Columbia and stands 3 954 metres high.

The Rocky Mountain Chain is 4 800 kilometres long and extends from New Mexico to Alaska. The Canadian Rockies stretch from Canada's southern border to the Laird River in British Columbia. The Selwyn Mountains and the Mackenzie Mountains are found between the Laird





Physical Regions of Canada

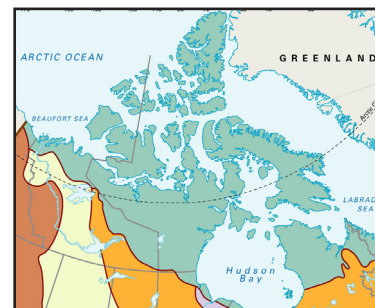


River and the Alaskan border. In southern British Columbia, the Columbia Mountains are separated from the Canadian Rockies by a long, narrow valley called the Rocky Mountain Trench.

Rich deposits of coal, lead, silver, zinc, and other minerals are found in the Rocky Mountains. Large forests of juniper and pine trees grow on the Rockies' lower slopes. Firs and spruce are able to survive at higher elevations. Animals such as bears, deer, minks, mountain lions, squirrels, and many others live in the forests on the upper slopes. Above the timber line, an area where trees cannot grow, Rocky Mountain goats and bighorn sheep roam. Many types of fish inhabit the swift-flowing mountain streams.

The Arctic Lowlands and the Innuition Region

The Arctic Lowlands are found within the Arctic Circle. The Arctic Lowlands consist of twelve large islands and hundreds of smaller ones. Most of the islands are barren and unexplored. Baffin Island and Ellesmere Island, which are two of the largest islands, have many glaciers, tall mountains, and fiords. Victoria Island is very flat. The seas around these many islands are frozen most of the year.



The Arctic Lowlands consist of tundras, which are areas too cold and dry for trees to grow. The subsoil is permanently frozen and only a thin layer thaws during the short, cool summers. Simple plants such as lichens, mosses, grasses and sedges grow in the lowlands. Caribou and musk oxen graze on the tundras. Other wildlife that make their homes in this region are Arctic foxes, Arctic hares, lemmings, polar bears, ptarmigans, seals, walruses, and whales. During the summer, insects thrive on the islands.

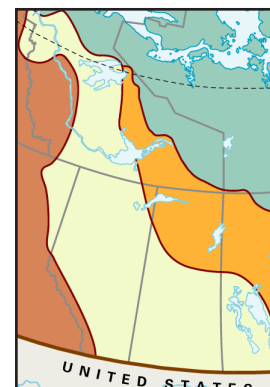
Petroleum and natural gas, lead, and zinc have been discovered in some of the western Arctic Islands but none of it has been taken out due to high production and transportation costs.

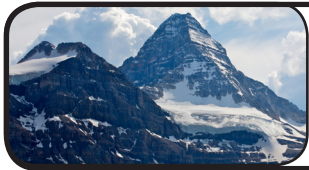
The Innuition Region contains three mountain ranges. They are the Grantland, the Princess Margaret Range, and the Victoria and Albert Mountains. The terrain also contains plateaus, uplands, and lowlands. Many of these landforms are found on the Queen Elizabeth Islands. On some of the islands, the mountains are nearly buried by ice sheets. The only part that can be seen are their peaks which project like a row of nunataks.

The Interior Plains

The Interior Plains are located in the northern corner of British Columbia, most of Alberta and Saskatchewan, and the southwestern part of Manitoba. This regions extends north through the Northwest Territories to the Arctic Ocean.

The Interior Plains are covered in prairie grasslands in the south. The soil is rich and black and farmers grow wheat and other grains in it. In southern Alberta, the grasslands are used by ranchers for their cattle to graze on. The northern areas of the Interior Plains are heavily forested with white spruce and jack pine. Deer, elk, moose, and other fur-bearing animals





Physical Regions of Canada



inhabit the forested areas. Near the Arctic Ocean, the land becomes tundra covered by snow for more than half the year.

The Interior Plains are rich with many mineral deposits. Alberta has become a major mining area due to its large deposits of petroleum, natural gas, and coal. One of the world's largest tar sands (sands that contain oil) lies along the Athabaska River in Alberta. Important deposits of petroleum, uranium, and potash are found in southern Saskatchewan. In the Northwest Territories, petroleum, lead, and zinc have been found.

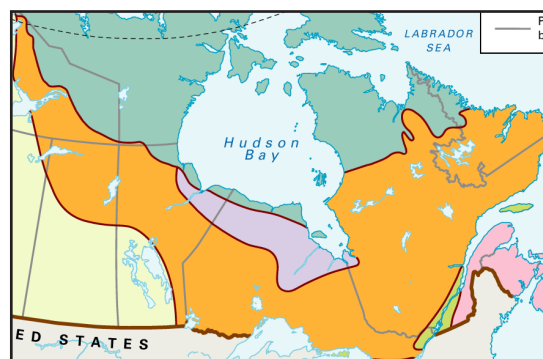
The Canadian Shield

The Canadian Shield is a huge horseshoe-shaped region that curves around Hudson Bay from the Arctic Coast of the Northwest Territories to the coast of Labrador and the mainland of Newfoundland. It covers about one half of Canada and is made up of very old rock.

Thousands of lakes and rivers and many low hills are found in the Canadian Shield. The many rivers break into rapids and waterfalls at the edge of the region. Hydro-electric plants have been built on many rivers and supply hydro-electric power to many factories and homes in cities and towns in Québec, Ontario, and Manitoba.

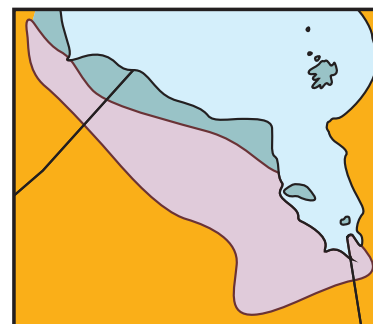
Very few people live in the northern part of the Canadian Shield as the soil is poor and the climate is quite cold. Some northern areas of the Canadian Shield are tundra, and the plants and animals that live there are the same as the ones found in the Arctic Lowlands. The Canadian Shield is heavily forested in many northern areas. Deer, elk, moose, wolves, and smaller animals live in the forests.

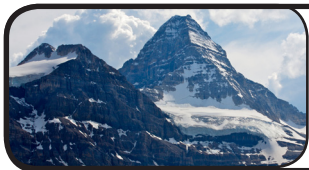
The southern edge of the Canadian Shield does have soil that is good for farming. It is close to large cities such as Ottawa, Toronto, and Montreal. The many lakes and ski slopes in this area are used by the people who live in these cities. A great deal of Canada's mineral wealth is located in the Canadian Shield. Iron ore comes from mines in Québec. Cobalt, copper, gold, nickel, and uranium are mined near Sudbury, Ontario. The Canadian Shield also contains minerals such as platinum, silver, and zinc.



The Hudson Bay Lowlands

The Hudson Bay Lowlands are a flat, swampy region between the Canadian Shield and the southwestern coast of Hudson Bay. The Lowlands are covered with poor-quality forests and large deposits of peat, a decayed vegetable matter. There are very few settled areas in the lowlands. The only permanent settlements are small villages, trading posts, and ports such as Churchill and Moosonee.





Physical Regions of Canada



The St. Lawrence Lowlands

The St. Lawrence Lowlands is the smallest land region in Canada. More than half the people in Canada live in this region. The St. Lawrence Lowlands are made up of flat and rolling countryside along the St. Lawrence River and the Peninsula of Southern Ontario. It also includes the Island of Anticosti found at the mouth of the St. Lawrence River, which is a wilderness because it is isolated and has a colder climate.

Canada's major deciduous forests are located in Southern Ontario. These trees shed their leaves every fall. The forests are filled with beech, hickory, maple, oak, and walnut trees. Many small animals such as squirrels, rabbits, raccoons, and porcupines inhabit the forested areas.

The St. Lawrence Lowlands is the major manufacturing centre of Canada because it has excellent transportation facilities and lies near markets in the eastern and central United States. Fertile soil and a mild climate allow farmers to grow many varieties of fruit and vegetables. Many dairy farms are located in this region.

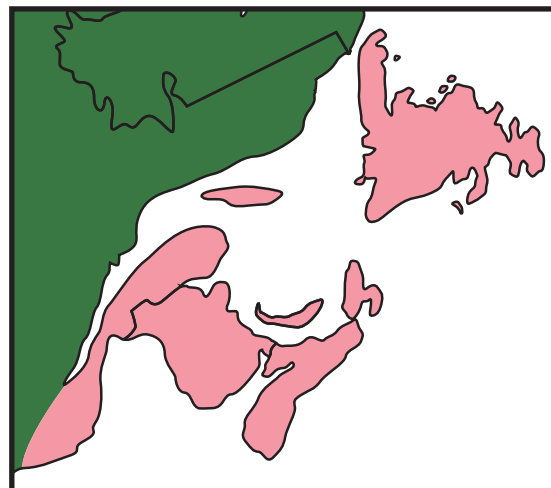


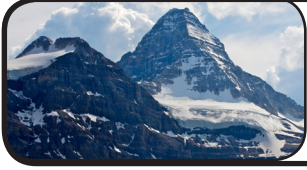
The Appalachian Region

The Appalachian Region includes southeastern Québec and all of the Atlantic Provinces. The Appalachian Mountains are an ancient chain that extends from the island of Newfoundland and Labrador and south to the state of Alabama in the United States. The land in this region is generally hilly. Many of the mountains have been worn down by glaciers and erosion. The highest mountains are the Shickshock Mountains found in the Gaspé Peninsula in Québec.

Most of the people who live in the Appalachian Region make their homes along the Atlantic coast. Hundreds of bays and inlets provide excellent harbours for fishing boats. Parts of Newfoundland and Labrador and Nova Scotia have steep, rocky coastlines.

Evergreen trees and deciduous trees grow in the many forests found in the region. Good farmland is found in Prince Edward Island, along the St. John River in New Brunswick, and in the Annapolis River Valley in Nova Scotia. Québec has the world's richest deposits of asbestos. Coal and gypsum are mined in New Brunswick. Copper, lead, and zinc are mined in Newfoundland, Labrador, and New Brunswick.





Physical Regions of Canada



Worksheet # 1: Physical Regions of Canada

Physical Region: _____				
Location	Land Forms	Minerals	Vegetation	Wildlife

Physical Region: _____				
Location	Land Forms	Minerals	Vegetation	Wildlife

Physical Region: _____				
Location	Land Forms	Minerals	Vegetation	Wildlife



The Physical Regions of Canada

