



Equipment	Snow, shovels and buckets, a variety of equipment that can be thrown (e.g., tennis balls, wiffle balls, frisbee, etc.)
Learning Outcome	Demonstrate teamwork to create a structure and perform underhand and overhand throwing for accuracy.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. If using shared equipment, clean and sanitize the equipment before and after the activity and in between rounds.

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, create a video to share with students providing an overview and movement skills cues for overhand throwing and underhand throwing. Refer to the to the [Movement Skills Cues](#) document to support you. If access to internet or technology is not available, consider providing students with a paper copy of the [Movement Skills Cues](#) document to practice the skills. Encourage students to practice overhand and underhand throwing at a target from different heights and distances in a safe space available to them.

Activity Description

As a large group, review and practice the movement cues for overhand throwing and underhand throwing and discuss how to adjust trajectory of the throw for targets at different heights and distances. If utilizing a flipped classroom strategy, remind students to apply what they learned or reviewed in advance of the activity.

Divide students into groups of three. Ask each group to work together to build a hill made of snow encouraging them to build it as high and as wide as possible during a given time frame. Once their hill is built, provide each group with a set of objects. Encourage students to choose a distance to throw from. For younger students, they can throw from a closer distance, but challenge older students to move farther away. Ask the students throw the objects at their hills using overhand and underhand throws. Students can take turns each throwing three objects in a row seeing how many they can get to stick in their snowhill. Alternatively, students can work together to try to stick as many objects in their snow hill within a given time frame throwing one object at a time.

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.

- Which type of throw was more effective for you? Why?
- How did the size/shape of your hill effect the number of objects that could stick to your hill? How could you build your hill differently?



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
Use a safe area with snow already piled up to throw objects at.	Students choose how to send the objects to their snow hill (e.g., kicking, rolling, etc.).	Outline the hills with coloured water or coloured rope so they are clearly visible.	Complete the activity in groups of four with two students throwing at one side of the hill and two throwing at the other side of the hill.

Observing Learning Outcomes

Use the overhand throwing and underhand throwing cues provided in the [Movement Skills Cues](#) resource to observe student learning. Sample questions to observe learning outcomes include:

- Does the student demonstrate teamwork skills such as cooperation and communication while creating the snow hill?
- Is the student able to successfully throw some of their objects at the target with accuracy?

Connecting to PHE At Home Learning

The following PHE At Home Learning activity can be utilized by students at home or modified for use during instructional time in order to extend learning.

[Sending Spree](#)