

Equipment	Snow, shovels, one 1-2 metre stick per group of three students, ground markers (e.g., bean bags, cones, etc.)
Learning Outcome	Demonstrate teamwork skills by building a snow track and how to underhand throw for distance.
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 or written instructions to share with students providing an introduction or review of snowsnake. In the winter, some Indigenous Peoples would traditionally hold snowsnake competitions. Community members would throw a special stick called a snowsnake as far as they could down a sloping snow track. Consider sharing this [Snowsnake](#) video with students. Encourage students to brainstorm how they can build their snowsnake track and to practice underhand throwing for distance in a safe space available to them.

## Activity Description

If utilizing a flipped classroom approach, review what they learned from the video or written instructions they viewed before the activity. If not utilizing a flipped classroom approach, provide students with an introduction or review of snowsnake. Explain that in the winter, some Indigenous Peoples would traditionally hold snowsnake competitions. Community members would throw a special stick called a snowsnake as far as they could down a sloping snow track. Consider sharing this [Snowsnake](#) video with students.

Before beginning the activity, review safety guidelines with students. Ensure that students know that they are not to stand on the snow track while a group member is throwing.

Divide students into groups of three. Provide groups with shovels and any other equipment to make their own snowsnake track. Groups work together to make their own track. After their snow track is complete, group members take turns underhand throwing their snowsnake down the track. Each group member throws three times in a row and places a ground marker on the side of the track to mark their throws. Groups can rotate to different snow tracks to try throwing on different tracks.

## 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.

- *What techniques did you use to underhand throw your snowsnake for distance?*
- *How do you think the distance of your throw would change if you could use an overhand throw?*



## 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
Increase the width or reduce the length of the snowsnake track.	Students underhand roll a ball for distance on a flat area.	Students use a small foam ball to underhand throw down the snowsnake track.	Students create an individual snowsnake track and complete the activity on their own.

### Observing Learning Outcomes

Sample questions to observe learning outcomes include:

- Does the student demonstrate teamwork skills when working with their group members to create a snow track?
- Is the student able to demonstrate proper underhand throw technique when throwing the snowsnake down the snow track (see [Movement Skills Cues](#) for proper underhand throw technique)?
- Does the student follow the guidelines to participate in the activity safely?

### 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.

[Hang It Up](#)