

Equipment	Snow, natural materials (rocks, sticks, twigs, leaves, etc.) or other items for decorations, buckets, tennis balls, soccer balls
Learning Outcome	Demonstrate how to follow instructions and practice sending an object to a target.
COVID-19 Safety Precautions	Remind students to keep a safe physical distance from each other. Clean and sanitize the equipment before and after the activity.

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 underhand throwing and kicking. 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 throwing and kicking an object in the snow in a safe space available to them.

Activity Description

Choose a large outdoor space for the activity with access to a lot of snow. Set up an *Equipment Station* a few metres away from the playing area where students will travel back and forth to access supplies during the activity. In the *Equipment Station*, place a variety of natural elements (twigs, sticks, rocks, leaves, etc.) or other items that can be used to decorate snow. Spray bottles of water mixed with food colouring can be provided but ensure students can spray them without staining their mitts/gloves, etc. Set up a *Sending Station* in another area a few metres away from the playing area. Place buckets, tennis balls, and soccer balls in this station ensuring that some buckets are laid on their sides so students can kick a ball into them.

If utilizing a flipped classroom approach, remind students to apply the movement cues they learned or reviewed in the video or document. If not utilizing a flipped classroom approach, review the movement skill cues for underhand throwing and kicking. Provide each student with a ball and encourage them to find a safe place away from others and practice these movements in the snow.

Ask students to stand in a line and provide them with a designated work space in the playing area. Each student will work to create a section of a giant snow caterpillar body by collecting, rolling, and packing snow into a ball. Once students have completed their sections, they will work together to connect their section to their peers' sections on either side of theirs.

Explain to students that they can now decorate their caterpillar sections with the materials found in the *Equipment Station*. Share with students that caterpillars like to eat – a lot! In order to choose an item to decorate their section, students must visit the *Sending Station* first to feed the caterpillar by underhand throwing or kicking a ball into the buckets (caterpillar mouths). If students are not successful on their first attempt, encourage them to move closer or place the ball in the bucket. Once they have done so, they can move to the *Equipment Station* and choose one item to decorate their caterpillar. Students continue to move between the *Sending Station* and the *Equipment Station* until they are satisfied with the decoration of their caterpillar section. When complete, measure the length of the snow caterpillar and ask students if their snow caterpillar needs some friends and build some more!

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 did you enjoy most about this activity?*
- *What did you do with your eyes when you were throwing or kicking the ball into the bucket?*



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
	Reduce the distance students must travel to the <i>Equipment Station</i> and <i>Sending Station</i> .		Students roll the ball into the buckets.		Students use an implement to push the ball to the bucket.		Students complete their caterpillar section in pairs.



Observing Learning Outcomes

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

- Is the student able to follow the instructions and work independently to create their section of the snow caterpillar?
- Does the student try both throwing and kicking the balls at the buckets rather than always choosing one skill?

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.

Target Time