



Equipment	Half of a pool noodle per student (or cylindrical object like paper towel roll), floor markers (.e.g, poly dots, cones, etc.), one small object per student (e.g., rock, eraser, etc.), target objects (optional)
Learning Outcome	Demonstrate how to perform an underhand throw for distance.
COVID-19 Safety Precautions	Inform students to touch only their own pool noodle and small object. Ensure students follow physical distancing guidelines as they participate in the activity. Clean or 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 the underhand throw. 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 skill with an adult. Encourage students to practice the underhand throw with different objects in a safe space available to them.



Activity Description

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. [Watch Snowsnake in action.](#)

Use floor markers to create long and narrow snowsnake tracks in a safe indoor or outdoor space. A track can be created without snow. Create enough tracks so students can be divided into groups of 3 students per track. If using the optional target objects (e.g., bean bags, scarves, etc.), place them at different points along the track.

As a large group, review how to perform an underhand throw or refer to the [Movement Skills Cues](#) document to support you. If utilizing a flipped classroom strategy, remind students to apply the cues they learned or reviewed in the video or document.

Ask students to collect a small object outdoors (e.g., rock, twig, etc.) or provide one to them to use to mark their throws. Divide students into groups of 3 per track and provide each student with half of a pool noodle. Students take turns underhand throwing their snowsnake (pool noodle) down the track. They throw three times in a row and place their small object on the track to mark their furthest throw. If target objects are set up on the track, students can aim to hit or land on one of the objects.

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 have to do with different parts of your body to throw the snowsnake down the track (e.g., head, arms, legs, trunk, etc.)?
- 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 throw the snowsnake at targets placed on a wall at waist level.	Students use a small foam ball to underhand throw down the snowsnake track.	Students set up an individual snowsnake track and complete the activity on their own.

Observing Learning Outcomes

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

- Is the student able to throw the snowsnake on the ground towards their intended target using their dominant hand?
- Is the student stepping forward with their opposite foot when throwing the snowsnake down the track?

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.

[Hoop and Pole](#)