

## Lesson 1 of 6

# Outdoor Activities

## FOR ALL SEASONS

### EQUIPMENT

obstacle free activity area » pinnies » one soccer-type ball per student » soccer golf course maps » pencils » clipboards

### Warm It Up

#### STUCK IN THE MUD/ SNOW/PUDDLE

Choose 2-3 students to be taggers and provide

each with a pinnie. Taggers will travel throughout the activity area and try to tag all the other students. Should a student be tagged, they freeze and stand with their legs together, arms extended out to the sides, and call out, "I'm stuck in the mud, I'm stuck in the mud". Any other student can rescue a classmate who is 'stuck in the mud' by traveling under their extended arm to mimic pulling them out of the mud. Stop the game every two minutes to provide an opportunity for the taggers to give their pinnie to another student, who will take on the role when the game resumes. The object of the game is for students to avoid being tagged while rescuing others who are stuck in the mud. Vary the game by having tagged students stand in a straddle position with feet wide apart, arms up, and call out 'I'm stuck in the snow'. Students can rescue teammates by traveling through their legs to mimic digging them out of the snow.

ABCD's of Physical Education



### Activity

Basic Skills	A(1-3)-5
Application of Basic Skills	

### Clues that students are achieving the outcome...

"Students will demonstrate ways to receive, retain and send an object, using a variety of body parts and implements, individually and with others." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can kick the ball using both the right and left foot
- Students can kick the ball towards the soccer golf targets



### Safety First!

For safety, equipment, and supervision considerations when planning tag-type activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, [www.acicr.ca](http://www.acicr.ca).



## Whoop It Up

### SOCCER GOLF IN THE SCHOOL YARD

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Design an 18-hole soccer golf course on the school grounds by choosing 18 objects students will try to hit by kicking a soccer-type ball. Targets might include garbage cans, playground structures, soccer goal posts, backstops, or benches. Draw a map of the soccer golf course, which identifies the starting 'tee' and target 'hole' for each of the 18 holes. Draw 3 boxes beside each tee on the map in which students will record the number of kicks it takes them to hit the target. Divide students into groups of 2 or 3 and provide each group with a map of the soccer golf course, a clipboard and pencil. Instruct groups to start at different holes and complete as many holes as possible in the time provided. To begin, each student will place their ball in the starting tee area and take turns kicking their respective balls towards the hole. Count and record the number of kicks needed to hit the 'hole'. Provide an opportunity for each student to choose the ball they would like to use to complete the soccer golf course and encourage students to kick the ball with both the left and right foot, as well as the inside, outside laces of their shoe and toe of each foot.



### Safety First!

For safety, equipment, and supervision considerations when planning outdoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, [www.acicr.ca](http://www.acicr.ca).



Activity

## Wrap It Up

Collect the maps, clipboards and pencils while gathering as a large group in a circle. Instruct students to hold their ball with both hands and slowly reach high, low, to the right and to the left to cool down. Ask students to describe how they were successful at kicking the ball for distance and with accuracy while completing the soccer golf course, e.g., which foot and what part of the foot was used.