

## Lesson 2 of 6

# Outdoor Activities

## FOR ALL SEASONS

### EQUIPMENT

pylons » pinnies » bean bags »  
treasure maps » pencils » clipboards »  
letters or symbols

### RELATED RESOURCES

SPARK (Sports, Play and Active Recreation for Kids),  
2007, [www.sparkpe.org](http://www.sparkpe.org)

ABCD's of Physical Education



### Cooperation

Communication	
Fair Play	
Leadership	
Teamwork	C(1-3)-5

## Warm It Up

### TREASURE TAG

Divide students into four groups and provide each group with different coloured

pinnies. Assign each group a castle (a corner of the activity area identified with pylons). Place small objects such as pool noodles cut into pieces or bean bags inside a large circle in the middle of the activity area. This is the treasure chest. On the signal to begin, challenge groups to collect as many pieces of treasure from the treasure chest as possible (one piece of treasure at a time) without being tagged. Students are safe while standing in their castle or in the circle of the treasure chest, but can be tagged at any other time. Should a student be tagged, they must return any treasure in their hands to the treasure chest and return to their castle before beginning again. Stop the game after five minutes and invite each group to count the number of pieces of treasure they have collected.



### 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).

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

"Students will display a willingness to play cooperatively with others of various abilities, in large and small groups."  
*Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can identify elements of cooperative play
- Students can work with a partner to locate hidden treasures



## Whoop It Up

### TREASURE HUNT 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. Draw a map of the activity area/school grounds and place X's on the map to indicate where treasure can be found. Instruct students to work in pairs or groups of three to read the map and locate as much treasure as possible in the time provided. Explain that a letter or symbol can be found at the location of each X. When a group finds a treasure, they record the letter or symbol on their map and continue looking for more treasure. Should a group of students find all of the treasure in the time provided, they unscramble the letters to spell a word or phrase, or check the answer sheet to ensure they collected the correct symbols.



### Safety First!

For safety, equipment, and supervision considerations when planning orienteering-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).



## Wrap It Up

Collect the maps, clipboards, and pencils while gathering as a large group. Discuss how the students worked cooperatively to find the treasures. After each example of teamwork, students can give a classmate a high five.

