

Lesson 5 of 6

Outdoor Activities FOR ALL SEASONS

EQUIPMENT

obstacle free activity area » hula hoops » pinnies » pool noodles or sponge balls

Warm It Up

RACE CAR TAG

Choose 2-3 students to be taggers and have them wear a pinnie. Choose 2-3

students to be mechanics and have them hold onto a shortened pool noodle or sponge ball. All other students hold onto a hoop with two hands and are the cars. Should a car be tagged, the car gets a flat tire and the student must squat down or kneel on one knee. A car's flat tire is fixed when a mechanic taps their foot with the pool noodle (air pump). Stop the game every two minutes to provide an opportunity for the taggers and mechanics to give their pinnies and pool noodles to other students, who will take on the appropriate roles when the game resumes.

ABCD's of Physical Education



Do it Daily...For Life!

Effort	
Safety	D1-5
Goal Setting/ Personal Challenge	
Active Living in Community	

Clues that students are achieving the outcome...

"Students will move safely and sensitively through all environments; e.g., space awareness activities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can move safely in the activity area
- Students can demonstrate alertness and respect for others and the environment



Whoop It Up

LOCOMOTOR LICENSE ON THE TARMAC

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. Use pylons to identify the boundaries of the activity area and ask students to find a personal space within the boundaries. A leader, or police officer, will call out the names of actions all students will perform. The actions are designed to allow students to practice moving safely at various speeds in a confined activity area. Should a student not move safely; e.g., crash into another student, they are given a ticket. Three tickets warrants a trip to the police station (move outside of the activity area), where the student will lose their locomotor license temporarily until they can identify two strategies for moving safely; e.g., look where you are going, move into open spaces, tie shoelaces on the side of the activity area, stay on your feet when stopping.

The police officer may call out actions such as:

- School Zone » walk slowly
- Bumpy road ahead » skip
- Narrow road ahead » gallop
- School crossing » walk really slow
- Road construction » leap over the potholes (place hoops around the playing area)
- Flat tire » hop
- Driving on the highway » run
- Out of gas » take a break—sit or squat where you are!
- Traffic jam » do 3 modified push-ups
- It's raining » put on your windshield wipers by doing jumping jacks
- Emergency » freeze
- Ambulance or fire truck » students pull over to outer side of area
- Stuck in the mud/snow » jog in place



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.



Wrap It Up

Ask the students to describe what it looked like when they were traveling safely in the activity area. Have students indicate with thumbs up, thumbs down or thumbs sideways, how safely they think they traveled during the Locomotor License activity. Continue discussions with individual students as appropriate.