

## Lesson 6 of 6

# Outdoor Activities

## FOR ALL SEASONS

### EQUIPMENT

obstacle free activity area » skipping ropes (long and short) or hoops

### RELATED RESOURCES

Positive Playgrounds, P. Marko & M. Smith, 1998, [www.positiveplaygrounds.com](http://www.positiveplaygrounds.com)

ABCD's of Physical Education



### Activity

Basic Skills

Application of Basic Skills

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## Warm It Up

### RABBITS AND WOLVES

Provide each student with a short skipping rope and instruct them to place it on

the ground in the shape of a circle to make burrows or use hoops. Choose 2-3 students to be wolves, who are trying to tag rabbits. All other students are rabbits. Provide each wolf with a pinnie to wear. Should a rabbit be tagged by a wolf they switch roles; i.e., the rabbit wears the pinnie and becomes a wolf and the wolf becomes a rabbit. A rabbit can be safe from being tagged for 5 seconds by standing inside a burrow, but only one rabbit can be in a burrow at a time.



### 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).

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

"Students will select and perform basic skills in a variety of environments and using various equipment." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate the basic skills of running and jumping
- Students can play, share ideas, space and equipment with others



## Whoop It Up

### ROPE GAMES 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. Collect the pinnies from the wolves and instruct each student to stand in a burrow and move the rope so that it lies on the ground in a straight line. Lead students through the following individual rope activities:

- Move throughout the activity area, how many ropes can you jump over before I say, “freeze?”
- Find a rope and stand beside it. On the signal to begin, jump back and forth over your rope.
- Can you hop back and forth across the rope from one end to the other?
- Tightrope walk on your rope forward from one end to the other, and then backwards.
- Put your hands on the ground with one hand on either side of the rope. Keep your hands on the ground and jump back and forth over the rope.

Challenge students to complete the following partner or group rope activities:

- Play “leap the creek” with a partner. Take turns jumping over two ropes placed parallel to each other on the ground. Gradually increase the distance between the ropes.
- Provide groups of 4 students with a long rope (or two ropes tied together). Two students hold onto each end of the rope and the other students stand one behind the other to the side of the rope. Challenge students to take turns moving over or under the rope without touching the rope during the following activities: Snake Jump - the rope is moved up and down close to the ground; Ocean Waves – the rope is moved along the ground from side to side; Blue Bells – the rope is moved from side to side brushing the ground; Limbo – the rope is held above the ground for students to move under.



### Safety First!

For safety, equipment, and supervision considerations when planning skipping or rope 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

Lead students through an “I see” call and answer activity. When the leader calls “I see”, the students reply, “What do you see?” The leader then calls “I see”, followed by one activity for students to complete; e.g., I see students hopping to the centre of the activity area; I see students giving each other a high five; I see students reaching for the sky; I see students curling into a ball.