

Name/Title: Snowman's Playground

Purpose of Event: The purpose of this activity is to practice locomotor skills in a cooperative activity, while reviewing winter safety in regards to proper outdoor attire.

Prerequisites: Students have been instructed in side-stepping, gliding, jumping and running at high/medium and low levels. Students understand how to use personal space and know the commands of STOP, GO, and FREEZE.

Suggested Grade Level: K-4

Materials Needed: 2 jerseys, 5 laminated snowmen and body parts or clothing (hat, face, jacket, pants, and boots), 5 scooters, 10 cones, 5 pencils, assessment sheets attached to the back of the snowmen

Description of Idea

Begin the lesson with this tag game for a cardiovascular warm-up:

STUCK IN THE SNOW - Two students are "it" and wear vests so everyone knows who they are. Tagged students become "frozen." When frozen, students stand with their legs apart and their arms out. To become "unfrozen," others have to crawl between their legs. Play for 5 minutes, giving others the opportunity to be "it."

Tell the students they will review various locomotor skills to get ready for the day's activity. The following is a sample script that can be used when giving the instructions:

"Today we are going to review a few things we have learned these past few weeks. When I say "GO!" find your own personal space on the gym floor and sit pretzel style."

"GO!"

"Now that we have all found our own personal space, we are going to practice running as slow (fast, high, medium, low) as we can around the gym."

"GO!"

"STOP!"

"Now move around like popcorn." (Students jump up and down, moving around the gym floor.)

"GO!"

"STOP!"

"Side step to the right 3 steps. Now side step to the left 3 steps."

"Find any line of the gym floor and move along the line, gliding your feet along the line as if you were skating, so they never leave the floor."

"GO!"

"STOP!"

Once the skills are reviewed, explain the activity. Tell students they will be assigned to groups

of preferably 3 to perform team relays, and as they complete each skill they will be dressing up a Snowman to go outdoors. This is a good time to talk about proper attire for winter outdoor activities.

Set up:

Each group will have a snowman body placed on the floor next to the starting line. A cone is placed at the starting point and at the other side of the gym. The snowman face and articles of clothing will be placed behind the teams, available to access when each skill is completed.

1. HAT

The 1st person in line must run to the cone and back, tag the next person, and so on, and when the team is done they can place the hat on the snowman. The teacher will give the directive of "run high," "run medium," or "run low" for each team member running.

2. FACE

The whole team must hold hands and side step to the cone and back twice. When completed, the team can place the face on the snowman.

3. JACKET

The first person in line must move like popcorn to the cone and back, tag the next person in line, and so on, and when the team is done they can place the jacket on the snowman.

4. SNOW PANTS

The team plays "follow the leader" to the cone and back, selecting the locomotor skill of their choice. When back to the team's starting cone, they can place the snow pants on the snowman.

5. BOOTS

Each person on the team must ride the scooter to the cone and back. When finished, the team can put the boots on the snowman and sit pretzel style to show they are done.

Assessment Ideas:

When the snowman is completely dressed, the team will take the sheet of paper available and "brainstorm" with their team members all the outdoor winter activities they can think of, listing them on the paper. After a few minutes, the teacher will ask each team to share their ideas and compile a cumulative list of all the things people can do outdoors in the winter to stay physically active. Review the importance of dressing appropriately.

Adaptations for Students with Disabilities:

Adaptions for students in wheelchairs: use wheelchairs instead of scooters; move at high, medium and low levels (speeds) with the wheelchair.

Submitted by **kathryn chiavetta** in buffalo, NY. Thanks for contributing to PE Central! **Posted on PEC:**
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