

# ACTIVITIES ON SNOW

## LESSON PLAN OBJECTIVES

### PHYSICAL DOMAIN

Coordination development, balance development, development of spatial orientation

### PSYCHOLOGICAL DOMAIN

Raise enjoyment, improve confidence on snow, improve motivation for snow activities

### COGNITIVE DOMAIN

Raise awareness on following 10 fis rules on ski slopes, raise awareness on taking care of equipment

### SOCIAL DOMAIN

Develop collaborative skills (collaboration with peers and individually), develop interpersonal skills

## LINKS TO CURRICULUM, TEACHING UNITS AND TOPICS

PHYSICAL ACTIVITIES IN NATURE AND THE NATURAL ENVIRONMENT  
ACTIVITIES ON SNOW WITH OR WITHOUT EQUIPMENT

### AGE GROUP

3 - 5

### ENVIRONMENT

Ski slope - flat area

### EQUIPMENT

Cones, ski poles



Jindabyne Sports

## CLASS OPERATIONALISATION

### METHODOLOGICAL AND ORGANIZATIONAL FORMS OF WORK

Frontal  
Group  
Individual

### TEACHING METHODS

Explanation  
Instruction giving  
Demonstration  
Play  
Self-check, discussion and inclusion

### TEACHING STYLES

Teacher-centered:  
Command, Practice, Reciprocal,  
Divergent discovery  
Student-centered: -

### UNIT DURATION

Adapting to snow and equipment - 45 minutes  
Introduction (5 min) - rules, verification of equipment  
Games on snow without skis (15min)  
Games on snow with skis (20 min)  
Cool down (5 min) - free play, talk, ask for feedback

### SAFETY ADVICE

A ski instructor must thoroughly inspect the ski slope and anticipate all potential hazards before taking children onto the slopes. Younger children should ski in a protected and marked area of the larger ski slopes to ensure their safety from other participants on the slope. Falls are more common among beginners. Mandatory safety helmets for children undoubtedly contribute to greater safety.

## ACTIVITIES OVERVIEW

### GAMES ON SNOW WITHOUT SKIS

#### 1. SNOW MAN

Develop walking and running abilities and adaptation to ski boots.

Choose a volunteer who will play the role of the Snow Man in the game. At the beginning, he stands facing the rest of the children, and there should be at least ten meters between him and the group. The Snow Man shouts: "Who is afraid of the Snow Man?" and the other children respond: "No one!" "What if he comes?" he asks again, and the children reply: "Then we'll run away!" The group of children starts running towards the Snow Man, and he runs towards them, trying to catch as many children as possible while running. They switch sides where they stand, and the Snow Man asks again, and the children respond. The game continues in the same way until the end, with the Snow Man catching more and more helpers (children he has already caught). When there is only one child left standing opposite the Snow Man and the group of children, the game ends, and the next Snow Man is the one who was not caught in the previous game.

Game variations: Choose two Snow Men.

#### 2. IMITATING ANIMAL MOVEMENTS

Learn about the movements of various animals and to imitate them in challenging circumstances (on snow with ski boots).

The teacher thinks of an animal, and the children must imitate it; its movement and sounds. Animals that may be included: rabbits (two-legged jumps), frogs (two-legged jumps from a deep squat), bears (long steps), mice (walking on tiptoes), snakes (crawling on the ground), birds (walking and moving arms), dogs and cats (moving on all fours).

Game variations: Ask a child/two children to choose an animal and imitate it while the other children and the teacher try to guess the animal. Pair up the children so that one child imitates an animal and the other child guesses which animal it is.

#### 3. AROUND THE POLE

Develop spatial orientation.

Divide the children into two equally numbered heterogeneous groups, and place a ski pole approximately ten meters in front of each group. On our signal, they run to the pole, circle it twice, and return to the group.

Game variations: Conduct the game as a relay race. Place two poles one after the other; first, they circle the first pole twice and then the second. Change the movement to the pole and back (two-legged jumps, one-legged jumps, moving on all fours, walking on tiptoes).

#### 4. CHECKING THE WEIGHT OF THE SKIS

Get to know a new part of the ski equipment and to adapt to the extended foot.

The children have their skis on and stand in a line in front of the teacher. First, they should lift one ski in the air to check its weight, then the other.

### GAMES ON SNOW WITH SKIS

#### 5. CHECKING THE SLIPPERYNESS OF THE SKIS

Get used to the extended foot.

The children stand in a line and first slide forward and backward alternately with the left and right ski to see how they slide. Once they have mastered this movement, place cones a few meters away from the children in a straight direction. Instruct them to try repeating the movement by slowly moving towards the cones. They can count their foot movements to the obstacle.

#### 6. TOUCHING 'TIPS' AND 'TAILS'

Increase flexibility.

The children stand in a line and try to touch the front and back parts of their skis.

#### 7. FROM LEG TO LEG

Develop leg push-off power and balance.

Spread the children around the area so each has enough space. They should jump from one ski to the other, with the free leg bent in the air. They should count their jumps out loud, and at the end, compare the numbers.

Game variations: Two jumps on one leg, two jumps on the other leg.

#### 8. SCOOTER RIDE

Develop balance and experience the feeling of sliding.

Each child has only one ski on one foot; it is recommended they choose which foot to start with. They should push off with the other foot as if riding a scooter. They ride to the cones/ski poles set a short distance away and return. At the starting point, they switch the ski to the other foot and repeat the exercise to the cone and back.

Game variations: Conduct the game as a competition; divide the children into two or more groups (depending on the number of children) and place a cone/ski pole for each. The first from the group rides the 'scooter' to the cone/ski pole, around the obstacle, and back to the group. Then the next child from the group sets off, and so on. The winning group is the one whose children complete the course the fastest. Push off while holding hands in pairs.

#### 9. CARRIAGE AND HORSE

Develop arm strength and balance and to learn to slide on snow.

Divide the children into pairs. One from the pair without skis (the horse) pulls the other with skis (the carriage) using a ski pole. The horse should first walk, then run, while the other in the pair just stands still on the skis, holding the pole.

Game variations: The child without skis pushes the one on skis from behind; first walking, then running.

#### 10. PLAYING WITH SNOW

Get creative, free play

The children play with snow and make whatever they want..

### CLOSING THE SESSION

Gather everyone in a circle and invite them to share their thoughts. Ask them what they enjoyed about the activities, how they felt during specific games, and what they would like to try or change the next time.

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