

ACTIVITIES ON SNOW

LESSON PLAN OBJECTIVES

PHYSICAL DOMAIN

Develop coordination and balance on skis (both static and dynamic) through basic controlled movements on a flat snow terrain (no incline), equipment adaptation and sliding

PSYCHOLOGICAL DOMAIN

Draw confidence in a snow environment and enjoyment from movement experiences in nature

COGNITIVE DOMAIN

Develop the understanding and knowledge of how to move safely on snow and why is it important, be aware of possible risks deriving from uncontrolled movements

SOCIAL DOMAIN

Build relationships and collaborate with peers



Snow Magazine

LINKS TO CURRICULUM, TEACHING UNITS AND TOPICS

PHYSICAL ACTIVITIES IN NATURE AND THE NATURAL ENVIRONMENT
ACTIVITIES ON SNOW

AGE GROUP

4 - 7

ENVIRONMENT

Terrestrial
Snow

EQUIPMENT

20 pairs of skis and poles, 20 marking caps

CLASS OPERATIONALISATION

METHODOLOGICAL AND ORGANIZATIONAL FORMS OF WORK

Frontal work
Group work

TEACHING METHODS

Oral presentation
Demonstration

LEARNING METHODS

Synthetic

PRACTICING METHODS

Standard repetitive practicing
Variable practicing
Combined

TEACHING STYLES

Teacher-centered:
Command, Practice
Student-centered:
Guided discovery

UNIT DURATION

35 min

SAFETY ADVICE

Always maintain distance on a ski slope.
Move and stop safely.
In case of falling, fall sideways
Ensure the activity area is free from obstructions.
Ensure sufficient space between pupils.

ACTIVITIES OVERVIEW

WALKING ON SKIS

Pupils line up and walk sliding skis in a variety of ways on a flat snow terrain. The activity starts with walking forward in a straight line with one ski and continues with walking with skis on both feet (keep the ski bases in contact with the snow for balance and slide the skis to move forward always keeping them parallel) followed by walking in circles, squares, curves and walking in a V stride.

Allow pupils to choose their own fun way of walking on skis and demonstrate it to the class. Ask pupils which form of walking they liked best and why. Also, ask which is the safest balancing position to hold when walking on skis and why do we fall.

Duration: 15 min

Safety advice: 1- start with shorter sliding movements to get used to sliding on skis; 2- always maintain distance from peers; 3- move and stop safely (in case of falling, fall sideways).

THE SNOWMOBILE

Delineate a 15 x 15 m square on a flat snow terrain with marking caps or skiing poles. Randomly position pupils throughout the playing area. Each player should have a ski attached to one foot to be able to slide on one ski while repeatedly pushing off the opposite leg like on a scooter. At a given mark, the tagger, with a scarf or cap in one of his hands, chases the other players in an attempt to tag as they try to avoid being tagged. The game ends once all players have been tagged.

Depending on the situation during play, pupils are free to choose directions, modes and speed of movement. Change of sliding feet recommended.

Ask pupils which strategies they used during play - how they moved to tag and how did they avoid being tagged?

Game variations: 1- to make the game more complex, attach skis on both feet; 2- for less or more intensity, increase or decrease the game duration.

Duration: 10 min

Safety advice: 1- start with shorter sliding movements; 2- always maintain distance from peers; 3- move and stop safely (in case of falling, fall sideways).

SLED RACING

Mark a 15 x 15 m square on a flat snowy terrain using marking caps or ski poles, and pair up the students. One player should have both skis and poles, while the other, acting as the sled dog, represents the puller and has no equipment. The pairs prepare for the race by having the puller grab the ends of both poles to form a racing sled while positioning themselves in front of the racer. At the designated mark, the puller pulls the sled and their fellow racer on skis to the markers set 10 meters from the starting line, bypasses them, turns around, and slides to the finish line. The fastest pair to complete this wins a point. In the next round, the racer and puller swap roles. After the race, ask the students how the pairs worked together to improve their speed.

Game variations: 1- to make the game easier reduce distance; 2- to make the game more complex, at the finish line the racer should detach the skis from his/her ski boots while the puller should attach them, they should both change roles and race the last leg.

Duration: 10 min

Safety advice: 1- always keep skis parallel (do not step on the skis); 2- do not pull abruptly; 3- maintain a safe distance between the racer and puller, as well as between sleds; 4- move and stop safely (if you fall, fall to the side).