

Daily Physical Activity

Winter Daily Physical Activity Ideas



Prepared by Windfall Ecology Centre



Winter DPA Ideas

Contents

Introduction.....	2
Acting Appropriately in the Cold Weather	2
Signs of Frostbite or Hypothermia.....	2
Severe Cold Weather	3
Dressing Appropriately	3
Remember C-O-L-D	3
Sun Protection.....	3
Hydration	3
Warm Ups	4
Cool Downs	6
DPA Indoor Activities	8
Outdoor Activities.....	15
Adaptions for Children with Special Needs.....	20

Introduction

Activity in the winter boosts our children’s immune system, making it easier to fight the flu and colds. It also helps combat depression, such as Seasonal Affective Disorder (SAD), which is a type of depression caused by lack of sunlight exposure from increased indoor time and shorter days.

DPA has been introduced to publicly funded schools to make them healthier places to learn and improve student achievement. It ensures that elementary students have a minimum of 20 minutes of sustained moderate to vigorous physical activity each school day. The ParticipACTION Report Card on Physical Activity for Children and Youth 2015 states that only 14% of kids are meeting the Canadian Physical Activity Guidelines at age 5-11. The following are some suggestions for Winter DPA activities to use in and out of your classroom to combat that and to comply with the Ontario government rules that require 20 minutes of sustained moderate to vigorous physical activity in curriculum time.

Acting Appropriately in the Cold Weather

Signs of Frostbite or Hypothermia

When undertaking DPA or any other activity outdoors in the winter it is important to think ahead and to dress properly for winter weather conditions. Cold temperatures can cause frostbite and hypothermia. Potential signs of these illnesses are:



1. Grey or blue facial skin
2. Cold, hard and white skin
3. Numb patches on the skin
4. Swollen and blistering skin
5. Uncontrollable shivering, followed by a lack of shivering
6. Loss of physical co-ordination
7. Trouble speaking, such as slurring
8. Loss of control over small muscles (i.e. fingers)
9. Strong desire for sleep

If any of these signs are seen seek medical attention quickly.

Severe Cold Weather

When winter temperatures drop well below the average for that time of year these are called **Extreme Cold Events**. The **Wind Chill Index** is what the temperature "feels like" during cold weather when you combine the air temperature and wind speed. As the wind speed increases, it draws heat from the body, reduces skin temperature, and lowers the inside body temperature. The mix of low temperature and high wind speed increases the risk for frostbite, hypothermia and other cold-weather injuries. **The risk of frostbite increases rapidly when wind chill values go below -27. In these conditions we highly recommend that you undertake indoor DPA options. During extreme cold weather, everyone is at risk.**

Wind Chill Information Website: www.windchill.ec.gc.ca

Weather forecasts: www.weatheroffice.gc.ca

Dressing Appropriately

The best way to get ready for cold weather is to dress warmly, in layers, and stay dry. Wear winter hats, scarves, gloves or mittens, water resistant coats and boots.

Remember C-O-L-D

C - Cover your head, neck and face. These are the major sites of heat loss. Wear hats, scarves and mittens...and remember lip protection.

O - Overexertion leads to sweating, which causes damp or wet clothing and leads to becoming chilled more quickly.

L - Layer clothing to protect against wind and cold (see additional information below).

D - Dry Wear waterproof clothing and insulated, waterproof boots and gloves. Ensure they are not too tight; this could decrease circulation to your hands or feet, and raise the risk of frostbite.

Sun Protection

Even though it is cold, the sun is as equally dangerous to the skin in winter as it is in summer.

Ultraviolet radiation from the sun can cause skin cancer, melanoma and some cataracts. Sun protection is needed when the UV index is 3 (moderate) or higher.

Remember, sun reflecting off snow and ice can cause sunburn.



Hydration

Drinking water is important any time you are physically active. When in the cold, the body loses a lot of its water through breathing. In the cold, the obvious signs of perspiring are not always evident. An

average person exercising in dry cold needs one quart of water per hour to avoid dehydration. To avoid your water bottle freezing, place it in a wool sock or insulated bottle cover.

Source: Lambton Public Health. Winter Physical Activity Toolkit, Get Winter Active!

Warm Ups

DPA Warm Up Idea 1: How Long is a Minute

Ages appropriate for: Grades 1-8

Equipment needed: Stopwatch, Optional Action Cards

The Nitty Gritty:

1) Pick a movement for example running laps around a particular area (soccer field or classroom), jumping jacks, arm circles, free style dance, etc. (You can have premade action cards to draw from a hat).

2) When told to “GO”, students perform the activity for what they think is a minute. They can count in their head, but not aloud.

3) When each student thinks the minute is up, they stop the activity and put their hands on their head. As the clock-watcher, do not say when the minute is up. Let most students stop the activity first and then say who was closest to the minute. Do not go longer than 1.5 minutes or the students waiting will lose interest.

5) Repeat with a new action

*If students are in grade 1-2 change the game to “How long is 30 seconds?” to retain interest.

*If students lose interest, partner them up and have them try to distract each other’s counting.

* Pick actions that everyone in your class is comfortable doing.

* If a student cannot participate, allow them to watch the clock and call out the winner.

* To cool down, the last “action” can be SILENCE or a silent activity (such as balancing on one foot)

How to tie it into the curriculum:

Math: Develops counting skills.

PE: Develops gross motor skills

General: Develops time awareness

Source: CSH 2015



DPA Warm Up Idea 2: Activity Leader

Ages appropriate for: Grades 3-8

Equipment needed: None

The Nitty Gritty:

- 1) Students must line up in groups of 3-5
- 2) The first student in each group leads their group around the activity area using a variety of movements
- 3) Change the group leaders every 30 seconds and have the speed progressively increase (E.g. slow walk, walk, speed walk, jog).

How to tie it into the curriculum:

General: Teamwork and leadership skills

Source: Peel Public Health

DPA Warm Up Idea 3: Imagine

Ages appropriate for: Grades 1-8

Equipment needed: None

The Nitty Gritty:

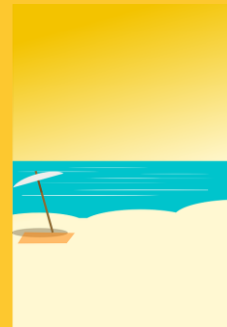
- 1) Have students walk on the spot with a variety of steps (e.g., narrow, wide); pumping their arms back and forth.
- 2) Have students gradually increase speed every 30 seconds. Ask them to imagine that they are doing the following activities and move accordingly:
 - walking through deep sand
 - slowly walking home
 - running a race

How to tie it into the curriculum:

Physics: Speed and distance measures.

Literacy: Imagination for a story they can write later.

Source: Peel Public Health



DPA Warm Up Idea 4: Body Parts

Ages appropriate for: Grades 1-8

Equipment needed: None

The Nitty Gritty:

- 1) Have students march on the spot, slowly increasing the speed.
- 2) Point to one body part at a time, and have students move that body part in a variety of ways.

3) If you are not pointing to a body part, the students continue to march in place.

How to tie it into the curriculum:

Biology: Body Parts – can use organs as well, such as the heart, the lungs, the kidneys, the stomach etc.

Source: Peel Public Health

Cool Downs

DPA Cool Down Idea 1: Windstorm

Ages appropriate for: Grades 1-6

Equipment needed: None

The Nitty Gritty:

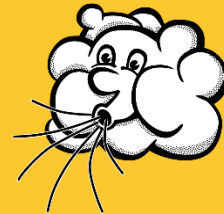
- 1) Have students walk around slowly pretending that they are trees blowing in the wind, using their arms as branches.
- 2) Students start in a big windstorm in which branches break, and finish as the wind stops blowing.

How to tie it into the curriculum:

Geography: Weather

General: Calming techniques

Source: Peel Public Health



DPA Cool Down Idea 2: Heartbeat

Ages appropriate for: Grades 3-8

Equipment needed: None

The Nitty Gritty:

- 1) Have students join hands with you in a circle and walk slowly in one direction
- 2) Call out “Heartbeat” - students stop where they are and face inside the circle
- 3) Lightly squeeze the hands of the students standing to your left and right, and have those students lightly squeeze the hands of the students next to them. Continue until the “heartbeat” is passed around the entire circle in both directions
- 4) Have students join hands with you in a circle and walk slowly in one direction
- 5) Call out “Heartbeat” - students stop where they are and face inside the circle, repeat the heartbeat wave.
- 6) Have students walk slowly in the opposite direction until you call out “Heartbeat” again.

How to tie it into the curriculum:

Biology: Hearts and blood flow

General: Meditation on one's heartbeat, stress relief.

Source: Peel Public Health

DPA Cool Down Idea 3: Moving on the Spot Activities

Ages appropriate for: Grades 1-8

Equipment needed: none

The Nitty Gritty:

Do these activities one after the other:

1) Slow March

Slowly march on the spot

Keep knees low and gently swinging arms for 30-40 seconds

2) Leg Stretch

Stand with feet shoulder width apart, both feet pointing forward

Step back into a lunge position, back foot facing forward

Bend front knee over ankle (BUT NOT BEHIND ANKLE)

Press back heel into the floor

Hold 15-30 seconds

Switch legs and repeat

3) Stork Stretch

Stand with both feet facing forward, holding onto something for balance

Grasp your ankle, gently pull it towards your buttock

Tilt hip forward, feeling thigh stretch

Keep knees together, standing leg slightly bent

Hold for 15-30 seconds, repeat with other leg

4) Side Stretch

Stand with feet placed wide apart, arms by side

Raise right arm over head

Slowly slide the other arm down the side of the left leg

Hold 15-30 seconds, repeat on left side

How to tie it into the curriculum:

Biology: Muscles

Source: Peel Public Health

DPA Indoor Activities

DPA Activity Idea 1: Active Simon Says

Ages appropriate for: Grades 1-6

Equipment needed: none

The Nitty Gritty:



Everyone knows how to play Simon Says. Just add in some physical activity and you have a simple DPA idea!

How to tie it into the curriculum:

General: Listening skills

Source: Jennifer Ronan, PHN, Hastings & Prince Edward Counties Health Unit Picton Office

DPA Activity Idea 2: Mission Possible

Ages appropriate for: Grades 3-8

Equipment needed: Paper & Pens

The Nitty Gritty:

1) Ask your students to make up a fitness task and compile them to make your own Mission Possible DPA sheets

2) Then have each student lead their task over the course of a week – a few tasks a day

How to tie it into the curriculum:

Literacy: Instruction writing skills & descriptive writing skills.

Source: Jennifer Ronan, PHN, Hastings & Prince Edward Counties Health Unit Picton Office

DPA Activity Idea 3: Circus Horses

Ages appropriate for: Grades 1-4

Equipment needed: CD Player

The Nitty Gritty:

1) Push desks into the middle of the classroom or take the class to the gymnasium.

- 2) Play a tune and get the kids to be horses using different steps such as gallop, trot, walk etc.
- 3) If the kids tire of the usual steps be inventive, get the horses to fly or swim or climb etc.

View an example video here: <https://www.youtube.com/watch?v=qe29p2jf97Q>

How to tie it into the curriculum:

Biology: Muscles, animal species, uses of horses

Geography: Different locations

Physics: Forces and speed.

Source: Banteer National School



DPA Activity Idea 4: Yoga

Ages appropriate for: Grades 1-8

Equipment needed: Whiteboard or Computer Screen to display videos.

The Nitty Gritty:

Go Noodle offers free Yoga classes for use in DPA. Maximo's Yoga is highly recommended. It can be accessed here: <https://www.gonoodle.com/>

How to tie it into the curriculum:

General: Stress Management

Source: Go Noodle

DPA Activity Idea 5: Clothespin Tag

Ages appropriate for: Grades 3-8

Equipment needed: 5-7 clothespins per participant, obstacle-free space

The Nitty Gritty:

- 1) Give each participant 5 clothespins and have them place them on the back of their shirt.
- 2) In this activity, everyone's 'it'. The object is to try to take one clothespin at a time from someone.
- 3) If you take a clothespin, kneel down and place it on the front of your shirt. You are safe for a moment while you are placing the clothespin on the front. The clothespins on the front of your shirt cannot be taken by someone else.
- 4) Continue to play even if you do not have any clothespins left.

Variation/Inclusion: Try this activity as a walking only activity when in a small space.

How to tie it into the curriculum:

Physics: Speed

Source: Ever Active Schools

DPA Activity Idea 6: Paper Skate

Ages appropriate for: Grades 4-8

Equipment needed: Obstacle-free space, Recycled paper.

The Nitty Gritty

- 1) Students stand on two sheets of recycled paper to be used as “skates”. Demonstrate the proper skating form and have students move throughout the skating area while watching out for other skaters.
- 2) Encourage students to move in different directions (side to side, forward or backward) while using their arms for momentum. Ask students to move like hockey players, figure skaters, and speed skaters.
- 3) Try putting on paper “cross-country skis” and have students move around the playing area. Leave one piece of paper behind and use the other as a “skateboard” or “scooter”.
- 4) Near the end of the activity, students can crumple up the pieces of paper and have a snowball fight!

How to tie it into the curriculum:

History: History of Sport

Source: Daily Physical Activity: A Handbook for Grades 1-9 Schools.

DPA Activity Idea 7: Funky Furniture

Ages appropriate for: Grades 4-8

Equipment needed: None

The Nitty Gritty:

- 1) Divide students into groups of 6-8. A leader will choose a room or space (e.g., kitchen, garage, or bathroom). Students are challenged to create a piece of furniture that might appear in the room chosen by the leader with their bodies.
- 2) Each creation must incorporate all group members, (e.g. students might create a blender in the kitchen, or a lawn mower in a garage, a washing machine in the basement, etc.).

How to tie it into the curriculum:

Science: Household objects, balance and centre of gravity

Source: CAHPERD-ACSEPLD



DPA Activity Idea 8: Fortune Cookie Fitness

Ages appropriate for: Grades 3-8

Equipment needed: Eggs/Balls that open up, Paper, Large space such as a gymnasium.

The Nitty Gritty:

- 1) Exercises are written on strips of paper and placed in the eggs (or balls).
- 2) Students can toss the balls/eggs underhand to a partner.
- 3) After every successful catch, a backwards step or jump is taken.
- 4) Eventually, the egg will drop, and usually crack open, and the two students must read and then complete the activity together.
- 5) For very young students, a picture of an animal can be placed inside the egg. When the catch is unsuccessful, the partners must move around the space imitating the animal pictured

How to tie it into the curriculum:

General: Motor skills

Source: CAHPERD-ACSEPLD

DPA Activity Idea 9: Red Elbow

Ages appropriate for: Grades 1-8

Equipment needed: Objects around the room

The Nitty Gritty:

- 1) A body part is called out along with a colour
- 2) Students must find an object in the room that is that colour and then touch the selected body part to that object. For example, if the teacher calls out pink thumb, then students need to find an object that is pink and touch it with their thumb.
- 3) The teacher continues calling colours and body parts.
- 4) To make this into a game students that are too slow in completing the instruction can be asked to sit down. The last student remaining is the winner. Allow a few rounds before the first person is asked to sit down so everyone gets exercise.

How to tie it into the curriculum:

Biology: Body parts

Art: Colours. Use unusual colour names such as fuchsia, cyan etc.

Source: Top Notch Teaching

DPA Activity Idea 10: Hear Me

Ages appropriate for: Grades 1-8

Equipment needed: None

The Nitty Gritty:

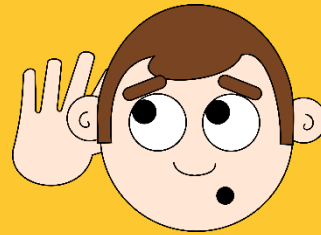
1) All students have their eyes closed

2) They have to listen to the teacher and guess what they are doing (e.g. clapping, running on the spot, stomping) and then they have to copy them

How to tie it into the curriculum:

Science: Senses: how sounds become more apparent when sight is removed. Excellent when a child in the class has eyesight difficulties as it allows for empathy.

Source: Top Notch Teaching



DPA Activity Idea 10: Olympic/Paralympic Sports

Ages appropriate for: Grades 4-8

Equipment needed: Bean bag/scarf

The Nitty Gritty:

1) Students throw a bean bag or scarf in the air, perform a movement interpreting the sport in number one, then catch it.

2) Continue to number nine. At number ten, throw, turn around in a circle and catch.

Number one, skeleton

Number six, hockey sticks

Number two, snowboard crew

Number seven, speed skate heaven

Number three, cross-country ski

Number eight, curling mate

Number four, slalom more

Number nine, Nordic combined

Number five, the bobsleigh drive

Number ten, let's play again!

3) Now try it with a partner!

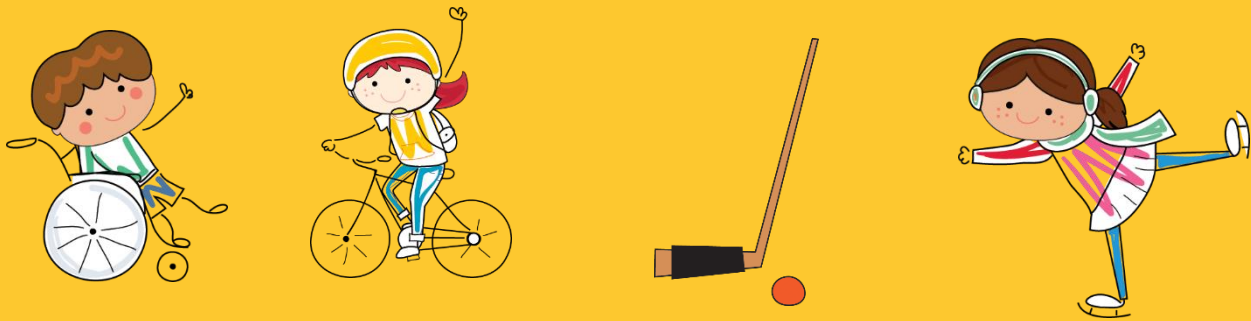
Other Olympic/Paralympic sports to try: Biathlon, Bobsleigh, Curling, Ice Hockey, Luge, Skating, Skiing, Sledge Hockey, Wheelchair Curling, Basketball, Bocce, Boxing, Canoe/Kayak, Cycling, Equestrian, Fencing, Field Hockey, Goalball, Gymnastics, Handball, Judo, Modern Pentathlon, Powerlifting, Rowing, Sailing, Shooting, Soccer, Table Tennis, Taekwondo, Tennis, Triathlon, Volleyball, Volleyball (sitting), Weightlifting, Wheelchair Basketball, Wheelchair Fencing, Wheelchair Rugby, Wheelchair Tennis, Wrestling, Ice skating

How to tie it into the curriculum:

General: Empathy, Overcoming barriers

History: History of Olympic/Paralympic sports.

Source: Action Schools BC



DPA Activity Idea 11: Moving with Numbers

Ages appropriate for: Grades 1-3

Equipment needed: none

The Nitty Gritty:

- 1) Give each student a number.
- 2) Have the students move around the activity area in a variety of different ways (e.g. walking, jogging, skipping, and galloping).
- 3) Call out a number (e.g., 4) and have the students form groups of that number.
- 4) Once all students are in groups, call out a numerical trait (e.g., highest, lowest, even, odd).
- 5) The student in each group with the number that matches that trait becomes the leader. He or she moves around the activity area at a moderate pace and the other members of the group follow for 30–45 seconds.
- 6) Call out “Switch”.
- 7) The groups dissolve and students move around the activity area on their own again.
- 8) Repeat.



How to tie it into the curriculum:

Numeracy: Counting, Numerical traits.

Source: Healthy Schools

DPA Activity Idea 12: Word Power

Ages appropriate for: Grades 4-6

Equipment needed: Blank Cards (10 per student)

The Nitty Gritty:

1) Prior to the time allotted for daily physical activity, discuss with students the definitions of the terms locomotion, stability, and manipulation.

- Locomotion: movements used to move the body from one point to another

- Stability: movements in which the body remains in place but moves around its horizontal or vertical axis

- Manipulation: movements that involve giving force to objects or receiving force from objects

2) Have each student lead the class in one of the movements listed below.

3) Distribute 10 blank cards to each student.

4) Have each student select 10 words from the word lists below (at least two from each category) and print one word on each of his or her cards. Have students perform the movement on their top card for 30 seconds, then switch to the movement on the next card for 30 seconds, and so on, until they have gone through all 10 cards. (Note that students are pretending to be doing the activities listed under Manipulation; no equipment should be used.)

Locomotion: walk, run, hop, skip, gallop, tiptoe, jump, creep, climb, swim, spring, leap, slide, fly, dash, bear walk, dodge, stroll, crawl, sneak, dance, shake, hurdle, zigzag, march

Stability: crouch, stretch, twist, tuck, freeze, lunge, reach, point, bend over, sit, and balance on tiptoe

Manipulation: skip rope, swing a bat, juggle, bounce a ball, bat a balloon, kick a ball, paint, lasso, sweep, play catch, use a hula hoop, bowl, roll, throw, catch, pull, kick, paddle, do a slap shot, play hacky sack, ski, spike, volley, bump

How to tie it into the curriculum:

Physics: Different types of movement

Literacy: Verbs

Source: Healthy Schools

DPA Activity Idea 13: Winter Circuit

Ages appropriate for: Grade 7-8

Equipment needed: Rope for ski line, Cones for slalom, CD Player

The Nitty Gritty:

1) Have students do each station for 45 seconds. Music may be used.

Station 1: *Ski over lines*: Have students jump with two feet from side to side over a line.

Station 2: *Ski jump*: Have students crouch low with their hands touching the ground and jump up as high as they can.

Station 3: *Slalom course*: Have students travel in a zigzag pattern around the activity area.

Station 4: *Knee tucks*: Have students jump up while pulling their knees up tight to their stomachs (tuck jumps).

Station 5: *Cross-country skiing*: Have students do leg lunges using alternate legs.



2) Between each of the activities, have students jog on the spot or skip for 45 seconds.

How to tie it into the curriculum:

History: History of Sport, Olympic Sports

Source: Healthy Schools

DPA Activity Idea 14: Winter Wonders

Ages appropriate for: Grades 3-6

Equipment needed: none

The Nitty Gritty:

- 1) Divide students into groups of 2–4.
- 2) Ask each group to work together to choose 2 or 3 moves/activities that remind them of a winter theme (e.g., snowshoeing, ice fishing, trapping, opening presents, skating, tobogganing, shoveling snow, playing hockey, playing snow snake). Students will link their ideas together to create a short movement sequence.
- 3) Challenge the students to use unique activities that are moderate to vigorous in intensity.
- 4) Each group practices its sequence for 3–5 minutes.
- 5) On your signal, each group joins with another and works together to combine their 2 sequences into a longer routine. They practice their new routine for 3–5 minutes.
- 6) Each larger group takes a turn leading the class in their routine, while the rest of the students mirror the moves.
- 7) Challenge students to keep their feet moving at all times during the activity.

How to tie it into the curriculum:

History: Traditions and Culture of the community e.g., ask students “what activities take place in our community during the winter?” Common answers may include skating, ice fishing, trapping, storytelling, etc.).

Source: OPHEA

Outdoor Activities

DPA Activity Idea 15: Guided Walk

Ages appropriate for: Grades 1 - 8

Equipment needed: Warm winter clothing

The Nitty Gritty:



1) Take the kids for a walk around the school. For the younger kids change up how they should walk for example:

- Walk like a mouse
- Walk like an elephant
- Walk like a bear
- Walk like a monkey

2) For older kids give them a checklist to tick off everything they see. Keep the walk brisk and do a few rounds to make sure they spot everything e.g. a bird, a sign, a specific car, a plant etc.

How to tie it into the curriculum:

Science: Nature

Biology: Different animal walks

Source: Eastern Ontario Health Unit

DPA Activity Idea 16: Snow Superball Search

Ages appropriate for: Grades 4-8

Equipment needed: Several plastic garbage cans, Balls, a watch, snow, warm winter clothing

The Nitty Gritty:

- 1) Divide players into equal teams
- 2) Teams fill their garbage can with snow, while hiding 5 balls inside
- 3) Place the garbage cans 15-20 ft from a start line
- 4) Each team lines up at the start line opposite their garbage can
- 5) When someone yells start the first player on each team runs to their garbage can and digs through the snow to find one ball
- 6) Each person has 30 seconds – One child will be keeping time. When time runs out the next team member takes the child's place.
- 7) The game continues until one team finds all 5 balls.

How to tie it into the curriculum:

Physics: Melting point of water

Chemistry: What is snow made out of?

Source: York Region Heart Health Program



DPA Activity Idea 17: Cat and Mouse

Ages appropriate for: Grades 6-8

Equipment needed: Skates, CSA-approved hockey helmets, warm winter clothing

The Nitty Gritty:

- 1) Students should be proficient at stopping and starting on skates before playing any game. Where necessary, divide the students into groups according to their ability and control on skates. Each ability group can participate on half of the ice area.
- 2) Ten students stand in a circle with an arm's length between them, hands by their sides. One student, the mouse, starts on the inside of the circle and another student, the cat, starts outside the circle.
- 3) On the signal to begin, the cat tries to catch the mouse. The mouse weaves through the students standing in the circle, going in and out.
- 4) Each time the mouse passes between two people, they hold hands and close that opening or door, so the cat cannot get through.
- 5) The objective is for the mouse to close all the doors of the circle before being caught by the cat.

Variation: Students new to skating or moving on the ice should practice moving between all of the students standing in a circle and closing all of the doors before adding the element of being chased by a cat. To decrease the level of difficulty, create circles with fewer students so there are fewer doors to close. Increase the level of difficulty by creating circles with more than ten students.

How to tie it into the curriculum:

Physics: Friction

Source: Active Living

DPA Activity Idea 17: Snowshoe Fox and Hound

Ages appropriate for: Grades 3 - 6

Equipment needed: Snowshoes and warm winter clothing

The Nitty Gritty:

- 1) All students stand in a circle. Have the students play follow the leader as they stamp out a path to create a circle and a cross by dissecting the circle so that it is divided into four quadrants.
- 2) Create several circles in the schoolyard, field or play area so students can be active the entire class.
- 3) Students work in pairs and ideally, there is a circle for each pair. Partners decide who will be the fox and who will be the hound. The hound chases the fox around and through the circle. The fox or hound can

change directions at any time and can cut into the circle by running only on the lines that make up the four quadrants. The students are not allowed outside the circle at all.

4) The object of the game is for the hounds to catch the foxes. Once the hound is successful, partners can switch roles or switch circles to chase a different fox.

Variation: Food colouring can be sprinkled on the snow to make the lines more visible. Create a variety of larger and smaller circles and encourage students to choose to play in the size of circle that will challenge their abilities. Change the manner in which other students can move, e.g., only take cross-over steps while wearing snowshoes.

How to tie it into the curriculum:

Physics: Speed, Force and Area – Snowshoes

Source: Active Living

DPA Activity Idea 18: Snow Sculpture Building

Ages appropriate for: Grades 3-8

Equipment needed: Snow and warm winter clothes

The Nitty Gritty:

- 1) Divide the class into groups
- 2) Select several figures from the history you are studying in class or several geofeatures or landmarks from the geography you are studying in class
- 3) Allocate each group a figure/feature/landmark
- 4) They have 10 minutes to build the figure/feature/landmark. Height and size gets extra points as more running around is needed.



How to tie it into the curriculum:

Geography/History: Reinforces what is being studied at the moment

Art: Sculpture

Source: Author's Own

DPA Activity Idea 19: Build a Snow Fort

Ages appropriate for: Grades 1-4

Equipment needed: Snow, plastic boxes for bricks and warm winter clothes

The Nitty Gritty:

- 1) Divide the children into 2 groups

- 2) Teach different methods of building a fort – bricks/walls. Allocate each group a different method
- 3) Give them 10/15 minutes to build their fort
- 4) Take pictures of the kids in their fort to take home

How to tie it into the curriculum:

Physics: Gravity, Building and Balancing.

Source: Author's Own

DPA Activity Idea 20: Hopscotch in the Snow

Ages appropriate for: Grades 1-4

Equipment needed: Snow, spray bottle, food colouring, warm winter clothing

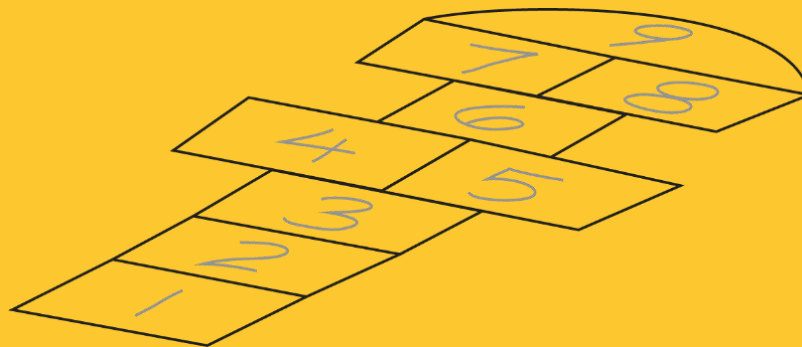
The Nitty Gritty:

- 1) Use a spray bottle filled with water and food colouring to draw your hopscotch board in the snow.
- 2) Toss a snowball into the first square, hop over it, and then hop to every square up to number 10.
- 3) On your way back, pick up your snowball. Now toss the snowball into square number 2 and let the next person continue!

How to tie it into the curriculum:

Numeracy: Counting

Source: Bring Back Play



In addition to all of these there are grade specific DPA ideas from OPHEA <http://teachingtools.ophea.net/activities/daily-physical-activity-resources>

Adaptions for Children with Special Needs

Equipment used can often be adapted to make it easier for children with special needs. Examples of adaptations are:

- 1) Use of Velcro
- 2) Larger goals/targets
- 3) Lower goals/targets
- 4) Scoops for catching
- 5) Shorter distances
- 6) Well defined boundaries
- 7) Smaller playing areas
- 8) Use larger, lighter, softer, bright colored balls

Tasks and Actions can often be adapted to make it easier for children with special needs. Examples of adaptations are:

- 1) Vary the tempo
- 2) Slow the activity pace
- 3) Lengthen the time
- 4) Shorten the time
- 5) Provide frequent rest periods
- 6) Demonstrate/model activity
- 7) Partner assisted
- 8) Disregard time limits
- 9) Oral prompt
- 10) More space between students
- 11) Eliminate outs/strike-outs
- 12) Allow ball to remain stationary
- 13) Allow student to sit in chair
- 14) Place student with disability near teacher
- 15) Change locomotor patterns
- 16) Modify grasps
- 17) Modify body positions
- 18) Reduce number of actions
- 19) Use different body parts



Source: Stopka, C. (2006) *Teachers Survival Guide Book*. PE Central: Blacksburg, VA.