



**PARTICIPATION
NATION**



COVID-19 EDITION
RESOURCE MANUAL – SEPTEMBER 2020

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COVID-19 Public Health and NLESD Recommendations

This resource is intended to assist PN Facilitators with implementing activity that complies with the current Public Health Guidelines in respect to COVID-19.

This is an active document that will change accordingly in order to stay in compliance with

1. [Newfoundland and Labrador Public Health Guidance for K-12 schools.](#)
2. NLESD document [Safe Return to School Reopening Plan](#)
3. [Protocol for Extracurricular Activities](#)

SSNL Participation Nation staff have reviewed the guidance documents. If the following guidelines are followed, we are confident that our PN Primary Achievement and PN Pin Winners program can be implemented safely during lunch.

Cohorts

A cohort is a group of students and staff who remain together throughout the school year. Co-horting a group of students and staff is highly recommended. Cohorts reduce the number of in-person, close interactions a person has in school without requiring physical distancing to consistently be practiced while allowing most students to receive in-person learning in a close-to-normal school environment.

School administrators should determine the composition of the cohorts, but in general will be a class of students. The composition of the cohort should remain consistent for all activities that occur in school including, but not limited to, learning and breaks (lunch, recess, classroom changes, etc.). • Teachers should move between cohorts as opposed to cohorts changing classes, unless it is for specialized instruction such as physical education, music, art, and laboratories.

Cohorts must remain separated from each other while moving through the school. Within the cohort, minimized physical contact should be encouraged. While a two-metre physical distance is encouraged, it does not have to be consistently maintained. The composition of a cohort should be changed as minimally as possible, except where required to support optimal school functioning. This may include learning, operational or student health and safety considerations.

Two metre distancing should be maintained between cohorts; however, they can share the same space if it is large enough to allow the separation of cohorts. School administrators should keep up-to-date lists of all members of a cohort to share with public health should contact tracing need to occur.

Interacting with Cohorts

Schools should minimize the number of adults (staff and others) who interact between different cohorts as much as practically possible, while supporting learning and a positive, healthy and safe environment. During break times (e.g. recess, lunch), students may want to socialize with peers in different cohorts. This should be done while maintaining the physical distancing of cohorts from one another. Different cohorts can be in the same space provided they can maintain two metres of physical distancing. This is best accomplished in outdoor spaces, as the risk of transmission is lower outdoors. Older children may be able to interact with those from other cohorts if they are able to consistently maintain physical distancing. Unless they are part of the same cohort, staff and other adults should maintain physical distance from each other at all times, includes during break times.

NLESD recommendations for Extra-curricular activities.

Extracurricular activities should be evaluated for ability to maintain physical distance. Extracurricular activities that cannot maintain physical distancing should be postponed until school returns to normal standards.

Cleaning

Use of shared items such as musical instruments and sports equipment should be discouraged. Equipment that must be shared must be cleaned and disinfected before and after each use, and users must perform hand hygiene before and after each use. Teachers will instruct students in the proper methods to clean their equipment. Equipment that cannot be adequately disinfected must not be used. There is to be no sharing of wind instruments.

Physical space

In music rooms and gymnasiums with more than one door, there should be a designated entrance and exit.

WHAT IS PARTICIPATION NATION?

Participation Nation (PN) is a recreational program that engages the natural energy of students, channeling it into an experience that is fun, inclusive, non-competitive, and contributes to the achievement of a healthy lifestyle. The welcoming environment that is created, coupled with the programs' exciting rewards system, will have your students more active and your school environment benefiting from the effects!

PN is a recreational program that prides itself on a “cut-free” environment where no student who wishes to play a sport or activity will be “cut” from a team. The goal of PN Programming is to engage students who normally only participate in required physical education classes to not only be more active but feel good about participation. Integral to this goal, we promote a safe and enjoyable activity environment, free from criticism of skill levels and pressure of winning. All schools across the province enrolled in our PN Program have made an amiable agreement that all teams will be as evenly balanced as possible to ensure the maximum amount of enjoyable play.

PRIMARY ACHIEVEMENT PROGRAM (2-3)

The Primary Achievement Program focuses on engaging young students to participate in physical activity by offering a variety of collectable stickers that categorize different sports and activities. This program is a reflection of the Teaching Games for Understanding approach. The main focus is on participation, development of physical literacy, and adopting an active, healthy lifestyle. Rule modifications are encouraged in order to move away from “sport specific skills” but rather turn the focus on “fundamental movement skills.”

ELEMENTARY PIN WINNERS PROGRAM (4-6)

Elementary Pin Winners is an extra-curricular, all-inclusive program that rewards participation with draw prizes, sport sacs, and commemorative pins that depict the sports and activities they play. The program will serve as a motivator for young participants to lead active, healthy lifestyles while helping build self-esteem through inclusion and encouragement. Posters depicting the pins are distributed throughout schools in September and can also be viewed on the SSNL website.

REWARDS

Rewards and prizes may be requested for the activities within this document which are deemed as safe and can be implemented under PH Guidelines.

To request your rewards for activities completed please fill out the online form:

<https://www.schoolsportsnl.ca/high-school/resources-forms/rewards-request-form/rewards-request-form-in-house-event/>

EQUIPMENT SHARING AND SANITIZATION

It is the responsibility of each facility to have their cleaning protocol in place as per Public Health Guidelines. Regular sanitization of equipment between uses is recommended as per PH Guidelines. SSNL is making this practice mandatory. If your school is implementing our PN Core program, we will provide you with funds to alleviate the cost of sanitization. Please contact Courtney at 709 729-2710.

PRIMARY ACHIEVEMENT PROGRAM

The Primary Achievement Program focuses on engaging young students to participate in physical activity by offering a variety of collectable stickers that categorize different sports and activities. This program reflects the Teaching Games for Understanding approach. The main focus is on participation, development of physical literacy, and adopting an active, healthy lifestyle. Rule modifications are encouraged in order to move away from “sport specific skills” but rather turn the focus on “fundamental movement skills.”

COLLECTABLE STICKERS

The sticker categories for Primary Achievement focus on general movement patterns and activities. There are many variations of sports and activities that students can participate in to earn each of the sticker categories. Sports/activities must be scheduled for a 3-4-week period to receive rewards and draw prizes for each category. Each sticker category, and activities that qualify to earn that sticker is outlined below.

PLEASE NOTE: Modifications, variations, games and activities for each sport and activity listed are outlined throughout the manual.

ON THE MARK

To earn the **On the Mark** sticker students can participate in a variety of target games. Sports/activities that qualify, but are not limited to, include;

- Archery
- Boccia
- Bowling
- Curling
- Frisbee Games
- Bean Bag Toss

NET/WALL GAMES

To earn the **Net/Wall Games** sticker students can participate in a variety of sports and activities that incorporate the use of a net or wall. Sports/activities that qualify are;

- Racquet Sports (i.e. badminton, tennis...etc.)
- Handball Skills
- Volleyball Skills

GAME OF BALL

To earn the **Game of Ball** sticker students can participate in any activity that requires batting, catching and throwing. Some possible options are;

- T-Ball
- Cricket
- Softball Skills
- Batting Practice
- Throwing & Catching Drills

SOLO QUEST

To earn the **Solo Quest** sticker students can participate in various individual games and activities. Some eligible activities include;

- Cup Stacking
- Dance
- Skating
- Skipping
- Obstacle Courses
- Track & Field

NATURE

To earn the **Nature** sticker students can participate in various outdoor activities. Some options include;

- Cycling
- Outdoor Recreation
- Snowshoeing
- X-Country Skiing
- X-Country Running
- Geocaching
- Orienteering

PN FAVOURITES

Over the years various sports and activities have emerged as clear favourites among PN Membership. These activities have their own sticker that can be earned by completing games and activities under that specific sport/activity. The “PN Favourites” stickers that students can earn include;

- Play
- Golf
- Run, Jump, Throw, Wheel

ELEMENTARY PIN WINNERS PROGRAM

The Elementary Pin Winners Program focuses on encouraging young students to participate in physical activity by offering a variety of collectable pins that depict sports and activities. The main focus is on participation, developing good sportsmanship skills and leading an active, healthy lifestyle. Rule modifications and variations of activities can be made to ensure the best overall experience for the participants.

GAMES & ACTIVITIES SUITABLE DURING COVID-19

ARCHERY

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Archery activities can be modified to range over a wide variety of skill levels. Different styles of equipment are available to suit your participant’s skill level.

TIC-TAC-TOE

Draw a grid on the back of a target that resembles a tic-tac-toe board. Have the students get in pairs to compete against each other. The first person to hit a square, claims that square. Students must try to get a straight line with their arrows, while blocking their opponent from winning.

MODIFICATIONS: For a younger or beginner group you may choose simpler patterns to achieve over a larger target area. Instead of tic-tac-toe you can split the grid into 4 corners. Have the students compete in small groups until one group has arrows in all 4 corners of the grid.

RAINBOW ROUNDUP

Split participants into small groups. Assign each color on the target a point value. Each person in the group gets 3 shots each. Keep score of each team. At the end, add up the points of each color that was hit.

MODIFICATIONS: For a younger or beginner group you can design a target with larger colour areas. Instead of targets you can also mark off distances along the floor as point values to develop strength during shooting. Distance away from the targets can be modified to suit participant's skill level.

DARTS

Split the students into small groups. Each participant gets to shoot one arrow at a time. Each team must work together to first get an arrow in the outside ring, then an arrow in the next point value ring, right down to the bullseye. For arrows to count they must go in order of largest circle to smallest circle. If an arrow hit the bullseye on first shot it doesn't count.

MODIFICATIONS: For a younger or beginner group the target area can be made much simpler. A dart board with 4 pie sections can be drawn and labelled 1-4. Students can work together in a team to hit the sections in order.

OPEN SEASON

Split the students into small groups. Use cut outs of various local game animals and place on the target board. You may wish to make it more or less challenging by sizing of animals, i.e. making a caribou larger than a rabbit. Teams shoot one arrow at a time until all animals have been hit.

21/BLACKJACK

Setup: Tape one suit of giant playing cards all over one side of the target (Ace- King), have target close enough participants can accurately hit the targets however far enough to be a challenge.

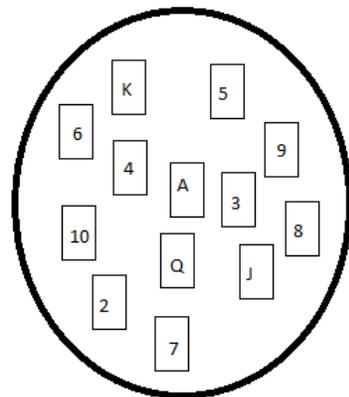
Rules: Participants have 5 arrows each. They will shoot their arrows at the target aiming at the cards trying to gain 21 points without going over.

Card value:

King, Queen or Jack= 10 points

Number Card= numerical value (example 3= 3 points, 5= 5 points)

Ace= 1 point or 11 points (Participant chooses at the end of the round)



MODIFICATIONS: For a younger or beginner group you can modify the rule to the first group who hits 21 or over, or whatever number you'd like to choose.

BADMINTON

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

BADMINTON GOLF

Badminton golf teaches your students how to swing a badminton racquet to hit a birdie accurately. It also requires a lot of walking, which helps improve their cardiovascular fitness. To prepare for the game, make nine "holes" in a large outdoor area with numbered cones indicating the start of each hole and hula-hoops for the end.



Divide your students into nine groups and have one group start at each hole. The players have to hit a birdie from the cone to inside the hoop in as few strokes as possible to play the game. They must hit the first shot on each hole from behind the cone and each subsequent shot from behind where the birdie landed. For the final shot on each hole, the birdie must stay inside the hoop. As with traditional golf, the lowest score wins.

OPERATION CONTROL

Students hit the shuttle into the air by using their racquet and see how many times they can keep the shuttle up by only contact with the racquet.

BALLOON BADMINTON

MODIFICATION OF BADMINTON: Students will use a racquet to hit the balloons over the "net" in the same manner they would for badminton. Explain as they get acquainted with the game that they get one hit to get the balloon over the net or the other side will score a point and vice versa. Using their racquet, they need to keep the balloon from hitting the ground as they hit it over the net to the other team. If the balloon hits the ground when it's on their side of the net, the other team gets a point. Players are not permitted to hit the balloon two times in a row. If they do, the other team gets a point. To further modify this game, you could change the paddles they use from standard racquets to ones with a short handle for younger participants to assist them in maintaining control. Also, you may introduce to them the use of fuzzy balls or foam shuttles rather than the standard shuttles used.

RELAY THE EGGS

Arrange your students so that a group of 4 or 6 members can relay the shuttle down the line with a toss, strike with racquet and catch. If the shuttle lands on the ground the group would have to start from the baseline again. Get them to practice a couple of times (make sure the students exchange roles) before competing with other groups.

MODIFICATIONS: For a younger or beginner group of students allow 1 or 2 “floor touches” during the relay. Foam balls or birdies can be substituted.

Badminton Play

One player picks up a yellow bird in her hands, and the other player picks up a white bird in her hands. Players can flip (with their racquet) or kick opponent’s bird to their side and keep their bird out of play, when not serving, by tossing it to the pole on their right side.

BOCCIA

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Boccia is a great game that can be played in schools. It can be played by all ages and abilities in your gymnasium utilizing the space of a badminton court. The game can be played as individuals, pairs, or teams using leather balls. For more information on this fun game, please contact the SSNL office.

TIC-TAC-TOE

Equipment: Boccia Set, Tape

Set up: Tape a large tic-tac-toe board to the floor playing surface where the participants will be throwing the balls. Stand back whatever distance is suitable for the participants to be successful at throwing the balls.

Play: Taking turns throwing the balls, the goal is to get 3 in a row either vertically, horizontally or diagonally. The first ball in the square wins the square. However, they can be removed by being hit out of the way or to another square. As soon as a team/ person gains 3 in a row the game is over.

BOWLING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

OBSTACLE

Set up the bowling pins as normal. Place objects in line that the students would have to roll around or over, i.e. gym mats, rubber chickens...etc.

FUNKY BOWL

To “Funky Bowl” change up the way the participants bowl the ball, i.e. with their left hand, with their right hand, with 2 hands, while standing on their right foot, while standing on their left foot, bowling between a team member’s legs...etc.

BINGO BOWL

To play Bingo Bowl you must first create bingo cards with the following bowling terms; strike, spare, split, head pin only, gutter, 15, 10, 13, 12, 11, 10, 8, 7, 5, 3, 2, etc. Have students compete in small teams to cover each block on their card.

Hula Hoop Horseshoes

Objective:

Be the first player to score 21 points.

Fundamental Movement Skills:

- Manipulative Send
- Roll

Equipment List:

- One pylon and four hula hoops per game.

Setting Up:

- Place a pylon about 10 paces away from a throw line.
- Two players, each with their own two hula hoops, stand by the start line.
-

Instructions:

- With Rock, Paper, Scissors determine who throws first--after that the last person who threw first goes first unless the other player scored more points in the last throw.
- Players take turns rolling a hoop in an attempt to have the hoop land over or close to the pylon.
- Points are scored by:
- Three points for a ringer (If both players get a ringer no points are scored or the first one or the last one counts).
- One point for each hoop that is closer to the pylon than the opponent's hoop.
- First player to score 21 or higher is the winner.

Variation:

- Speed version:
- Only ringers count.
- Players each have one hoop
- A player attempts to get a ringer
- If successful, that player scores 3 points
- If successful or unsuccessful the players each retrieve their hoop, run back to the throw line and roll again, and again...
- First player to 21 points is the winner
- Team version:
- Teams of two play with a pylon at either end, and each team having a player at either end.

- Teammates scores are added together.
- Questions for Understanding:
- How can a player increase the accuracy of their roll?

To watch a video of this activity click this link. [Hula Hoop Horseshoes](#)

CUP STACKING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Students can perform individually. Sport Stacking relies on hand-eye coordination, ambidexterity and speed. Research has actually been conducted that shows sport stacking increases bilateral brain proficiency, a skill that enhances reading and math abilities.

The following activities have been sent to us by Speed Stacks Education Team at www.speedstacks.com. Please note that Speed Stacks products are no longer sold in retail stores. To purchase your favorite Sport Stacking Gear, you can shop online at www.speedstacks.com or through their school group order process.

The Participation Nation Office has a Sport Pack Set of 30 complete with sets of stack cups, speed stack minis, super stack minis, stack pod, stack mat with timer and mini mat, plus an activity manual and trainer DVD. We will gladly loan the Sport Pack to your school, if you are a member, on a 2-week loan basis.

CURLING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

The Curling rewards can be earned for both the traditional rink curling and the indoor gym Curling units.

CYCLING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Students can earn their Cycling rewards by participating in a Bike Club, Sprockids, or by taking part in a Bicycle Rodeo organized by the school or community. Students can also earn rewards if they bike to and from school or participate in spin classes on stationary bikes.

BIKE BALL

NOTE: Not suitable for beginner riders.

Equipment: A bike per participant, helmet per participant, foam ball, two goals (box, hoop, net, or chalk drawn on the pavement... etc.)

Set up two goals at either end of an open playing area. Participants form two teams. The objective is to get the ball in the goal. One team begins with the ball close to their net. They

move the ball around by tossing it back and forth. A person can only have possession of the ball for 5 seconds. Offensive players are only allowed to intercept the ball to gain control of it. If the ball falls on the ground possession goes to the opposite team. A person must be on their bike in order to be in play (they may get off to pick up the ball but cannot start moving until they are back on the bike). The defensive team cannot stay by the net to guard they must move around the playing area. After a team scores the defensive team starts with the ball by their net and continue on.

Caution: Emphasis on stopping before banging into other people. Make sure participants wear helmets and protective equipment. If someone is off their bike they must not be in play (other players must move away.)

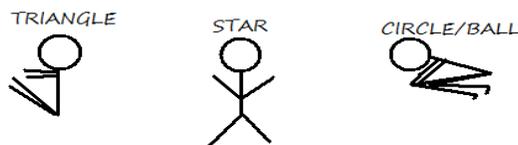
DANCE

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

The Dance rewards will be earned by taking part in numerous types of dance activities. As a facilitator you may choose to include a Special Guest Dance instructor of a folk, hip hop, jazz, or various other genres to come into your class and lead an instructional session.

CHARADES

Turn on some recorded music. Instruct the students to silently move around the room without talking or bumping into others. Tell them someone or something to move like. For instance, you might say, “Be a Chicken!” or “Be an Elephant!” After the students grow accustomed to the activity, choose a student to be the caller. That is, they get to call out the next character the students must impersonate. Change students every minute or two to allow multiple children the opportunity to lead the activity (Johnson, 2011).



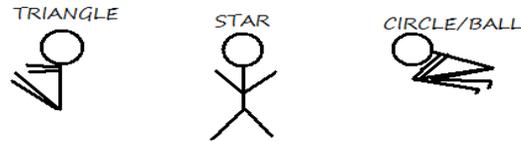
FREEZE DANCE

Choose a variety of songs. Instruct the students to move to the music once the song begins and to freeze when the music stops. Play the music for about 30 seconds and stop it. (Johnson, 2011).

MODIFICATION: To work on the fundamental skill of balance, instruct the students to balance on a certain body part once the music stops, i.e. right foot, left foot, 2 feet and 1 arm, heels, toes, ...etc.

DANCE SHAPES

Play some music as students try to discover how many different shapes they can make with their body. How small can they become? How tall? How wide? If a group of students are playing, create one different shape for each player. Make certain that all of the players know all of the shapes. (If the group contains more than five players, it might be easier to break up players into two separate groups.) Each player starts in one of the shapes. Play slow music. When one player changes his or her shape, whoever had been that shape, must change. More than one player can move at a time. Players must watch one another closely so a shape isn't duplicated. If players become better, play faster-paced music to make everyone move faster (Caplan, 2010).



HAPPY FEET

Players take a moment to write down different emotions on slips of paper (silly, shy, serious, etc.). Put on some music. One player pulls one of the slips of paper from a bag or hat and calls out that emotion. Players try to dance around, conveying that emotion.

GROUP MIRRORS

One player, the leader, stands slightly in front of the other players, but with her back to the other players. The other players should position themselves so they can see the leader. The leader makes slow, big moves that everyone can follow. "Big moves" mean spreading arms wide or standing on one leg. The leader tries to coordinate her movements to the music while the other players follow. Change leaders often.

FITNESS

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Fitness is an important component of encouraging students to maintain a healthy and active lifestyle. There are many ways students can earn their Fitness rewards.

TAG



has provided a video for Physical Distance Tag games. Physical distancing? No problem! These tag modifications are great ways to keep your class/club moving and having fun while respecting physical distancing guidelines.

Power up your practice with these physical distancing-friendly tag modifications! Click this link, [EverActive Schools Tag Modifications](#)

Hula Hoop Horseshoe Race

Objective:

Be the first player to score 21 points.

Fundamental Movement Skills:

- Manipulative Send
- Roll

Equipment List:

- Two cones/pylons and four hula hoops per game.

Setting Up:

- Place a cone/pylon about 10 paces apart (closer is easier, further is more difficult).
- Two players, each with their own two hula hoops, stand by a different cone/pylon.

Instructions:

- Players roll their hoops in an attempt to have the hoop land over the cone/pylon.
- Points are scores by and hoop that lands around the cone/pylon.
- First player to score 21 or higher is the winner.

To watch a video of this activity click this link, [Hula Hoop Horseshoes Race](#)

Rocket Attack

Try to get your rocket past the opponent's 2 Orange moons while avoiding thrown asteroids. Cannot stand up, touch pin, pin fall. If out, take rocket back and get in line.

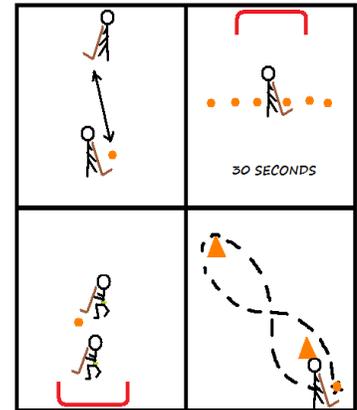
To watch a video of this activity click this link, [Rocket Attack](#)

FLOOR HOCKEY SKILLS

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

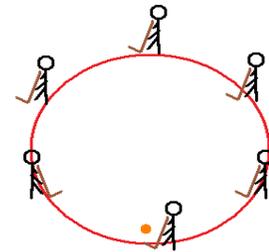
SKILL STATIONS

Skills stations give you more control over the specific moves the students practice. Set up a different station for each skill you want to practice. One idea is a goal station where students try to make as many goals as possible in a set amount of time. Skip the goalie so the participants focus on proper form and aim. Other ideas include passing back and forth with a partner, defending the goal and dribbling. Divide the students between the different stations. Blow a whistle to signal the beginning and stopping point at each station. Students then rotate and complete the next station (Frost, 2011).



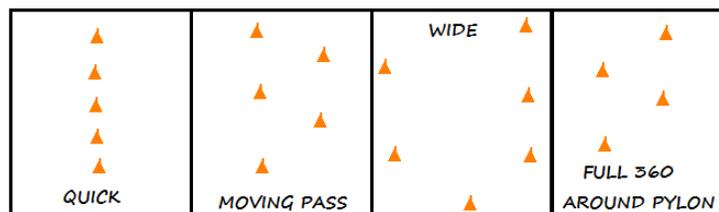
CIRCLE PASSING

This group game lets students practice their passing and stopping skills. All students stand in a large circle with at least a foot on either side to provide enough room to maneuver the hockey sticks. One player passes the floor hockey puck to another player on the circle. That player stops the puck with his stick and gets it under control. He then passes the puck to another player on the circle. Encourage the students to keep the puck moving at a fast pace. For more of a challenge, add another puck to force the participants to pay close attention (Frost, 2011).



CONTROL COURSE

Orange cones mark a path for students to practice their stick control for floor hockey. Set up several different cone paths to keep the kids moving more. The participants move the puck back and forth through the cones using the hockey stick. The goal is to keep the puck under control the entire time. Encourage the students to pick up speed as they move through the cones. For additional practice, add a goal at the end of each cone course so the kids can shoot a goal (Frost, 2011)



Game Play

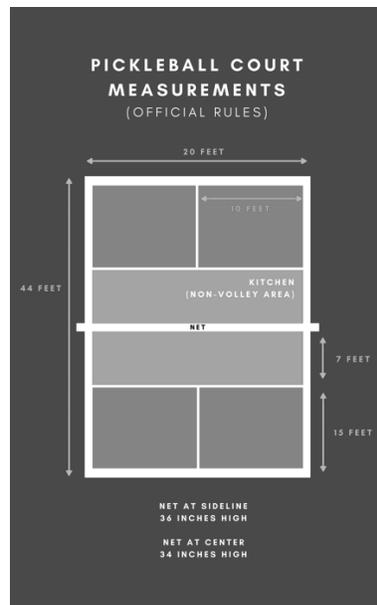
- No goalies (unless--use pins)
- Create grids--players play within
 - 3-5 second pass/shot rule
 - Add a second ball
 - Play small sided still, maybe four against four—see diagram below

Pin	O	X	O	X	Pin
Pin	O	X	O	X	Pin

GAME OF BALL

How to Play Pickleball

The Court Dimensions



The Two Bounce Rule

The ball must bounce twice, once on each side of the court, before players can hit the ball in the air or on the “volley”. When the ball is served, it bounces in the receivers service court, the serving team must stay back and wait for the ball to bounce again on their side before they can move up and play the ball in the air.

This rule is instrumental in providing long rallies in the game of Pickleball. The serving team cannot serve the ball deep and then run to the net and smash the ball at their opponents. They must stay back and wait for the return bounce. New players often forget this and start to move up quickly with the serve and get caught hitting the ball in the air.

Facilitators must remind both players on the serving team to stay back at the service line until the ball has bounced on their side. After the ball has bounced twice either team can play the ball on the bounce or in the air.

The Non-Volley Zone Faults

The Non-Volley Zone is a rectangle that is 7' X 20 feet on both sides of the net. Since Pickleball was designed as a family game this area was put in place so that a player has to stay back from the net when hitting the ball in the air. Thus, cutting down on the number of smashes and possible injury to an opposing player. This also helps make for longer rallies.

This is one of the most difficult rules for players to get used to especially tennis players. You cannot step on the NV-line or into the NV-Zone when making a volley shot, a shot in the air. Your forward momentum cannot take you into the NV-zone after you hit the ball even if it is missed on the other side. No article of clothing, jewellery or paddle can fall into the zone on a volley or it is a fault. Your hat or paddle falling is considered a fault.

Key points.

This only applies when you are volleying or hitting the ball in the air. You can step in after making a ground stroke. You can go into the NV-zone to get a ball that bounces in there first. You can stand in the NV-zone all day if you want, you just cannot play the ball in the air. It is a fault if you step in even after the ball is missed or hit by the opponents. It may help to tell beginners that this rule was introduced to prevent players from going to the net and smashing it at their opponents as in tennis. It is safer and longer rallies result because there are fewer "put away's" standing 7' back from the net.

Points

The game of Pickleball is usually played to a score of 11. The winning team must win by two points or play continues until one team wins by 2. In tournament play, games can be played to 15

or 21. Unlike tennis or badminton, only the serving team can win a point. The receiving team must get the “side down” and get the serve back before earning points.

You earn a point when the other team commits a fault. Faults are described below.

Scoring

Scoring in pickleball can be very confusing to beginners. The first rule of etiquette in pickleball is that the server and only the server should announce the score. The player that is standing in the right-hand service area of the serving side always starts. That player is server number 1 for this sequence only. The next time they get the serve, their partner maybe in the right court to start and they become server number 1.

The sequence for announcing the score is as follows; serving team’s score first, opponents score second and server number third. So if the server announces 3, 4, 1, the serving team has 3 points, the opposing team has 4 points and server number 1 is serving. If the serving team wins a point, the score would be 4, 4, 1. The serving team switches courts after winning a point, but the receiving team stays as is.

Remember the server only gets one fault and they lose their serve. You only get one chance to get your serve in, not two as in tennis.

Serving

To start the game, teams may decide to rally for serve playing the ball three times over the net before it is in play. Often, one team just decides to start. The team serving first gets only one serve their first time. This rule helps prevent “blow” out games with one team getting a large number of points to start. The server making the first serve should announce 0, 0, 2. The score is 0, 0, and because the team gets only one serve, the server is number 2. When the serve switches to the other side that team gets two serves and play continues that way until a score of 11 is reached.

In review from the first session, the server must serve underhand making contact with the ball below the waist. The top of the paddle face must be below the wrist and the server must have both feet behind the service line at the time of contact with the ball. The ball must be served to the diagonally opposite court and it must be clearly in the service area. The ball cannot hit any part of the non-volley zone including the non-volley line. A serve that hits the net but lands in the service area is called a “let” and is reserved. Before serving the ball, the server should make sure all players are ready. Take a minute to check to make sure your partner is ready and that the opposing team is ready.

If you are receiving the serve but you or your partner are not ready, hold up your hand or paddle. If the server serves to you, anyway, do not swing at the ball and call for a “let” serve because you were not ready. Returning the ball indicates you were ready and the point stands.

Calling Lines

Pickleball like most racquet sports relies on the integrity of the players in calling shots in or out. The rule of etiquette suggests that players will call the lines as honestly and fairly as they can. Players should call the lines on their side of the net and opponents will do the same on their side. Opponents should never make a call on the other side of the net unless they are asked. If a team cannot decide on a line call, then the benefit always goes to the opponent. If a team asks for an opinion from an opponent, that decision is final. Again, fairness is the rule of the day. Remember it is only a game. Keeping this in mind, will prevent conflict on the court.

Faults

A point is earned, or a serve is lost if a fault occurs. Remember, as in volleyball a point can only be scored by the serving team. A fault occurs on a serve when the ball hits short of the service court including the non-volley line. If the ball is served to the wrong court, long behind the back-service line or out of the bounds that is a fault.

After the serve, a fault occurs if a player steps in the non-volley court or on the non-volley line while making a volley shot. If the ball is hit into the net or other permanent object such as the pole, that is a fault.

A balls that hit outside the boundary lines of the court are considered out and a fault. If the ball hits a player, they have committed a fault. On the serve, if a ball is hit into the wrong court and the opposing player in that court is hit or catches the ball that is considered a fault on the receiving team.

A player should not catch a ball that is heading out of bounds because that is considered a fault as well. Always let the ball bounce first. An indication of an out ball should be made by yelling out or by hand jester indicating out. This should be done quickly.

Failing to hit the ball before it bounces twice is a fault. However, if the ball bounces twice off your paddle while you are making a continuous forward motion, this is legal. If the ball hits any part of your paddle hand, the hand below the wrist, is considered part to the paddle and legal.

If a ball hits a player or his/her clothing, while standing on or off the court during a rally, this is a fault and a point for the opponents.

Pickleball Game Play

Identify a pickleball (or use pickleballs from two different companies). One player picks up a pickleball with his hands, and the other player picks up the other pickleball with his hands. Players can flip or kick opponent's pickleball to their side and keep their pickleball out of play, when not serving, by rolling their ball to the wall behind them

Kick Baseball

Objective:

To score more runs than the other team.

Fundamental Movement Skills:

- Locomotor
 - Run
- Manipulative Send
 - Kick
- Manipulative Receive
 - Trap

Equipment List:

- 4 bases
- One soccer ball

Setting Up:

A baseball diamond—bases 30 yards (26 meters) apart

On a baseball diamond, set up a defensive alignment consisting of a back catcher, a pitcher, players on 1st, 2nd, and 3rd, a shortstop playing between 2nd and 3rd, and 4 out fielders. Line up the offensive team behind the backstop in the order they will be kicking the ball. The batting order is maintained throughout the game.

Instructions:

Set a specified time before the game begins (try 40 minutes). 10 minutes from the desired end time, have the teams complete the inning they are in (so that both teams have had an equal number of times at bat) or 5 innings, whichever comes first—if there is a tie and 1 team needs to advance then break it by the score at the end of the previous inning. The team with the most runs at the end of the game is the winner. A team's inning is over when they have 3 outs.

Rules

Each batter is allowed a maximum of 3 pitches to get a hit. No bunting is allowed—if the ball does not pass an imaginary line between 1st and 3rd, the pitch counts as a strike. A third pitch foul is considered a strike, and the batter is out. Infield fly rule is in affect—when there are less than two out and a runner on first or first and second or the bases are loaded, the batter is automatically out on an infield fly. Third ball foul constitutes an automatic out. Fly balls are automatic outs and no runners can advance on a fly.

Pitchers pitch to their own team. Pitchers may not interfere with defensive play.

If a pitcher contacts the ball after a hit, the batter is out, and all runners return to their bases.

Running the bases

The ball must be contacted before the runner leaves the base (no lead offs or steals (automatic out if runner leads off or steals a base)). Runners may advance (two bases if ball is out-of-bounds) or score on overthrows. Sliding into bases is not permitted. Base runners run parallel to third base line past home plate—to make an out the catcher must receive the ball and touch home plate before the runner passes by.

Draw a commitment line (5 yards (4 meters) from third base)—once a runner has passed the commitment line, he/she must continue to home plate.

Safety Considerations

Use a safety-base on first if possible (this base is twice as wide and allows the player on first base to keep his foot on the bag and allows the runner to run over the bag without tripping over the first base player's foot. Back catcher and pitcher need to wear a face mask. Players cannot wear steel cleats on their feet.

Beat the Ball home

Objective:

To score more runs than the other team by running all the bases before the ball is passed to all the bases.

Fundamental Movement Skills:

- Locomotor
 - Run
- Manipulative Send
 - Strike
 - Throw
- Manipulative Receive
 - Catch

Equipment List:

- **4 bases**
- **3 different size wooden bats**
- **no gloves for defensive players**
- **1 very soft (cloth) softball to hit**

Setting Up:

A baseball diamond—bases 30 yards (26 meters) apart

On a baseball diamond, set up a defensive alignment consisting of a back catcher, a pitcher, players on 1st, 2nd, and 3rd, a shortstop playing between 2nd and 3rd, and 4 out fielders.

Line up the offensive team behind the backstop in the order they will be hitting the ball. The batting order is maintained throughout the game.

Instructions:

Explain to players that the same rules apply as for 3-pitch with 1 major exception.

This exception is that the batter must, after a fair hit, run all the bases before the ball is successfully thrown from 1st to 2nd to 3rd to home.

Teams provide their own pitcher who pitches a maximum of 3 pitches to each player.

Bunting is not allowed

To watch a video of the game click this link, [Beat the Ball Home](#)

GEOCACHING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Geocaching is an outdoor sporting activity in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers, called “geocaches” or “caches”, anywhere in the world. A typical cache is the small, waterproof container containing a logbook where the geocacher enters the date they found it and signs it with their established code name. Larger containers such as plastic storage containers (Tupperware or similar) or ammo boxes can also contain items for trading, usually toys or trinkets of little value. Geocaching is often described as a “game of high-tech hide and seek,” sharing many aspects with benchmarking, trigpointing, orienteering, treasure-hunting, letterboxing, and way-marking.

Check out our video by clicking this link. [PN Active @ Home Geocaching](#)

GOLF

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

The Golf Sticker/Pin can be obtained by participating in any form of golf or drills associated.

CREATE YOUR OWN COURSE

Equipment: Golf club and ball per participant, different barriers (pylons, other balls, mats, etc.), and saucer type pylons make a great end goal.

Set Up: Section off the activity area and have each participant (either individually, partnered or small teams) create their own golf hole- altogether there will be a large golf course. Each team will get various barriers and pylons. In their allotted area they create a starting position with two pylons side by side (the ball to be placed in the middle). Using the barriers, they will make their hole more challenging. The final goal will be a saucer type pylon or two more pylons side by side. After they make their hole they must assign a par.

Play: When everyone is done each team will go through the course testing out each hole and complete the entire golf course.

NORTHERN GAMES

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

The Northern Games Sticker/Pin is awarded for participating in any of the traditional Northern Games commonly played at Labrador Events. You do not have to be a School situated in Labrador in order to receive this sticker; in fact, we encourage the Island schools to try these events. They are highly active games and most students have never taken part in these events so it places the students on a similar skill level.

SEAL CRAWL

The object of this activity is to be the fastest to cross to the finish line. To begin students, lie belly down with their nose on the service line of the volleyball court, their hands under their shoulders, and feet crossed. On a start command, students straighten their arms and move their outstretched (no knee bending) stiff bodies forward just by using their hands. The finish line can be set at an appropriate distance for the students participating. The winner of this event is the first person (NOSE) to cross the finish line with proper form. By using the number system (as with the rest of native games) six heats will be use to break down the top athletes.

For example, all number ones will race, all number twos, etc. Then take the top two athletes from each race to compete in a final race.

Disqualification:

Knees Touch Floor or

Knees are bent as to come up to waist

No warnings for this event. Infraction of the rules results in disqualification.

MONKEY DANCE

The object of this activity is to outlast the other competitors by doing the monkey dance for the longest period of time. Students may assume a squatted position with one leg extended in front of them and their heel touching the floor. When the music begins student must switch leg positions in a repetitive motive motion by bringing their extended leg in underneath them and extending the other. Switching leg positions should be in a continuous motion. The winner of this competition is the student who is able to continue this motion for the longest period of time.

Disqualifications:

Legs are bent when heel touches the floor

Legs go out to the side rather than straight in front.

One warning can be given to each athlete.

PUSH UP EVENT: ONE ARM PUSH UP

The object of this activity is to do as many one-arm push ups as possible. Students are paired with athletes from another team who will count for them. One push up is complete when athlete touches chest off 'counters' hand, which is place in a fist on the floor. Push up is performed with one hand behind back.

Warnings / Disqualifications:

Back and legs should remain in straight line throughout entire movement. Ex. Butt should not be up or knee-contacting floor results in a warning or disqualification.

Push-ups should be completed in a continuous motion (no stopping).

Elbows should be bent at 90 degrees and touch off partner's hand.

PUSH UP EVENT: PUSH UPS (knees or toes)

The object of this activity is to do as many push ups as possible. Students are paired with athletes from another team who will count for them. One push up is complete when athlete touches nose off 'counters' hand, which is place in a fist on the floor. Push up is performed with one hand behind back.

Warnings / Disqualifications:

Back and legs should remain in straight line throughout entire movement. Ex. Butt should not be raised

On toes push-ups: knee-contacting floor results is a warning or disqualification.

Push-ups should be completed in a continuous motion (no stopping).

ORIENTEERING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Orienteering is another great chance to get your class outdoors. You can teach skills such as compass and map reading, as well as basic directional skills. You could also organize a scavenger hunt type of activity. Orienteering can also be done inside the school or gymnasium.

SCAVENGER HUNT

If you have a mid-sized group of kids, a large outdoor space like a playground, and a few willing adults, use the format of a scavenger hunt to create a checklist of errands kids will need to “run.” Use the orientation of equipment on the field, trees, or buildings in the area to help develop the participant’s directional skills, i.e. Clue 1: Standing at the front door, visually locate the large oak tree in the back-right corner of the field, head there for your next clue. Clue 2: Stand facing the tree with your back directly to the school. Turn right and take 25 strides towards the large structure.... etc.

THE WHITE COURSE

The white course is the easiest standard orienteering course. It is a great opportunity to have an older group begin navigating themselves, as well as teaching a younger group how to follow the directions. It is usually two to three kilometers long, just about right for a short hike. Control markers on a white course are placed on major features such as trail junctions, streams, buildings or clearings. Navigation takes place along trails or streams, through fields, or in other simple areas.

It is ideal to have several volunteers who can accompany small groups of students as they work together to navigate the course. Younger children should be accompanied until they have learned to navigate by themselves (Orienteering, 2011).

LETTERBOXING

Letterboxing is growing hobby that combines elements of hiking, treasure hunting and creative expression into an activity that the whole family can enjoy. Participants seek out hidden letterboxes by following clues that are posted on the Internet (see the Web sites listed below), and then record their discovery in their personal journal with the help of a rubber stamp that's

part of the letterbox. In addition, Letterboxes have their own personal stamps, which they use to stamp into the letterbox's logbook. Equip yourself: at the minimum, you'll need a journal, a rubber stamp, a stamp pad, and a pen or pencil. Part of the fun of letterboxing is to make your own stamp; it can be easily carved with an eraser and an X-acto knife. (If this sounds challenging, you may be surprised at how easy it really is.) If you'd rather, you can buy a ready-made stamp at a stationary or crafts store. You'll use your personal journal to record all the letterboxes you've found -- at last count, there was more than 10,000 boxes in the U.S. You may also need a compass for some clues. More on Getting Started.

Get a clue! Those 10,000 letterboxes were created and hidden by other letter boxers, and you can find the clues for boxes in your area on the Letterboxing North America Web site.

Create and hide your own letterboxes. Once you've been hooked, you'll start to think of parks near you that would be perfect for a letterbox. Then you can create a stamp and come up with the perfect clues to your letterbox's hiding place.

Letterboxing is intended to be an environmentally friendly activity, with no destruction of nature involved in the hiding or discovery of letterboxes. Boxes are hidden in publicly - accessible areas, yet out of sight of casual visitors. Letter boxers should endeavor to leave any area cleaner when they leave than it was when they arrived. When you find a letterbox, be discreet in opening it so that passers-by can't observe. When you're finished stamping in, make sure to restore the letterbox to its original condition and location.

Some sites you can find letterboxing clues are at:

Bay Bulls:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Bay+Bulls,+NL,+CA;gRad=25>

Cape Spear:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Cape+Spear,+NL,+CA;gRad=25>

Gander Bay South:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Gander+Bay+South,+NL,+CA;gRad=25>

St. John's:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Saint+Johns,+NL,+CA;gRad=25>

Twillingate:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Twillingate,+NL,+CA;gRad=25>

Upper Gullies:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Upper+Gullies,+NL,+CA;gRad=25>

Witless Bay:

<http://www.atlasquest.com/results.html?gTypeId=2;gLocation=Witless+Bay,+NL,+CA;gRad=25>

An easy way to see if letterboxes are already in your area is to go to Google and type in “Letterboxing in (my community), Newfoundland”. If there are not any present boxes in your community, use the above links to get an idea of how letterboxing works and make your own to publish on the net or set for your own school and community.

OMNIKIN

Team Launch Light

Objective:

Be the first team to score 25 points

Fundamental Movement Skills:

- Manipulative Send
- Toss
- Manipulative Receive
- Catch
-

Equipment List:

- 6 parachutes
- 1 Large 48-inch Omnikin Ball

Setting Up:

- Teams of nine players stand on either side of the net.
- In groups of three, players hold onto a small parachute.
- One team is given the ball near the net.

Instructions:

- The players with the ball at the net serve the ball over the net.
- Players on the other side of the net catch the ball with their parachute.
- Players with the ball on their parachute cannot move with the ball on their parachute but they must pass it to one of their other groups of three, who must then pass it to the other group of three, who must then toss the ball over the net to the other team.
- If the ball goes out of bounds, or touches the floor, or is not passed to each group, or is passed to one group twice, the other team scores a point and gets service.

To watch a video of this activity, click this link, [Team Launch Light](#)

OUTDOOR RECREATION

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Students can earn their Outdoor Recreation rewards by participating in a wide variety of outdoor activities. SSNL PN encourages you to get your students outdoors during all seasons. Hiking, outdoor scavenger hunts, and learning outdoor survival skills all qualify for rewards.

Have you ever wondered what to take with you on a hike? Join our SSNL Participation Nation program coordinators as they give you some tips on what to bring and what to do to enjoy your hike to the fullest. As a bonus, you can enjoy the scenic beauty of the East Coast Trail - more specifically, the coastal views along the Father Troy's Trail in Torbay, NL.

YOU WILL NEED:

A Daypack at least 10-15L

Hiking Boots & Socks

Water & Food

Extra Clothing appropriate for the time of year/weather for the day

A Headlamp

Fire starter & matches or a lighter

Utility Knife, pocket knife or multi-tool

A whistle/communication device

A Navigation Device

First Aid

To check out our video click this link, [Take A Hike](#)

PLAY

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

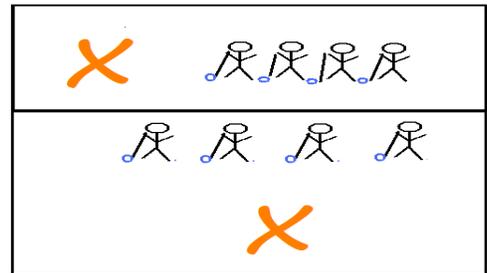
Students can earn the Play Sticker/Pin by participating in a variety of low organized games and activities such as playground activities, field games and scavenger hunts.

RINGETTE SKILLS

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

TARGET PRACTICE

Place markers on the ice in various areas of the rink (Large X's). Players are divided into teams and given equal numbers of ringettes. The players stand at the center ice point and use their sticks to hit the ringettes onto the target area. The team scores a point with each ringette they get onto a target. (Louring, 2010).



OBSTACLE COURSE

Set up rubber, orange cones on the ice rink to create an obstacle course. Set the cones far enough apart for participants to skate between. The course is a straight line, a circle or a zigzag pattern. Set up two identical courses and divide the players into two teams. Each team lines up at one end of the course with stick in hand. One ringette is given to each team. The first player dribbles, or moves, the ringette with their stick, through the course and passes it off to the next teammate. The race continues until all the participants complete. The first team finished wins. Players need all their safety gear for this game for protection. The game assists players in increasing their speed, handling and maneuvering skills (Louring, 2010).



BUCKET DROP

This entertaining game does not require sticks but does require protective gear be worn. Set up a bucket at the center of the ice. Place at least five ringettes around the rink at random spots. One at a time, players must skate over, pick up the ringettes one at a time and drop them into the buckets. Time players from start until the last ringette is dropped into the bucket. The fastest player wins. This game works on stopping and starting skills and builds speed for players. (Louring, 2010).

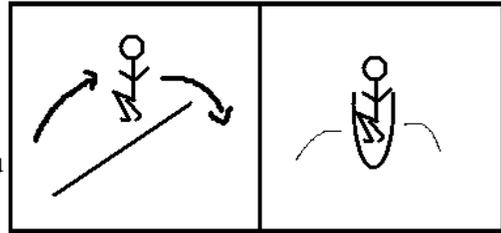
SKIPPING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

The Skipping rewards are awarded to students who take part in any skipping exercises during an event. Whether skipping is a component of the event or the main activity they can receive this sticker/pin.

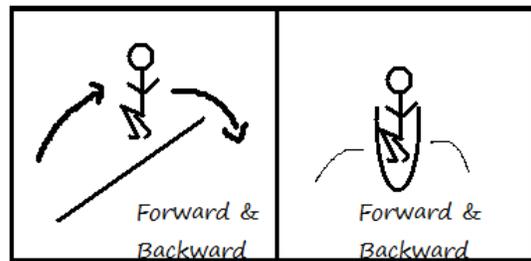
SKIER

Place rope stretched out along the floor and jump with feet together, from side to side, over it. Now add the rope. On the first turn, jump sideways to the right; on the second turn, jump sideways to the left. Imagine you are jumping side to side across a line each time you jump the rope.



BELLS

Practice jumping forward and backward with feet together over your rope. Now add the rope. On the first turn jump forward; on the second turn, jump backward. Remember keep your feet together!!

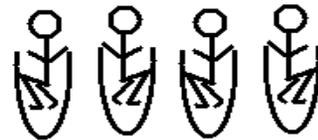


SKIER-BELL COMBO

Jump two skiers; then two bells. Practice pattern. Then jump a one skier – one bell pattern.

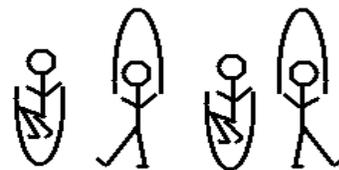
TWISTER

Keeping feet together, jump and twist only the lower part of your body from side to side.



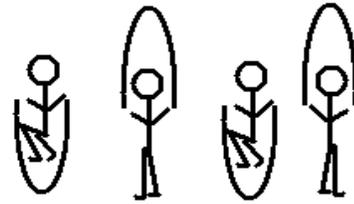
PEEK-A-BOO

Begin in your basic position. As the rope turns overhead, place one foot out sideways about 30 centimeters (12 inches) while the other foot stays in the basic position. On the next turn of the rope, place the other foot out sideways. Repeat this alternate, toe-touch sideways, changing feet on each turn of the rope. Keep your feet close to the floor.



TOE-2-TOE

As the rope swings overhead, tap the toes of your right foot beside and slightly behind the heel of your left foot. Point your right toes downward, bending at the knee. Repeat with the left foot.



HEEL-2-HEEL

On the first turn of the rope, touch your right heel to the floor about 20 cm (8 inches) in front of you. On the second turn, tap your right toe next to your left foot. Repeat on your left foot. Continue to alternate heel-to-toe touches: left hop, right heel; left hop, right toe; then right hop, left heel; right hop, left toe.

FRONT LEG KICKS

Alternate kicking your right and left foot in front of you. Do a small forward kick, with heel close to floor for every turn of rope.

SIDEWAY ROCKERS

On the first turn of the rope, swing the left leg sideways while jumping twice on the right foot. On the second turn of the rope, swing the right leg sideways while jumping twice on the left foot. Create a routine using the tricks you know now.

SNOWSHOEING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Snowshoeing is a great way to avail of the outdoors with your class. Here are some activities that will add to the fun of snowshoeing. Go on a nature walk – see how many different animals you can find. Don't forget to bring binoculars! Sugar on Snow – scoop up some freshly fallen snow and cover it with sticky maple syrup. Build a campfire.

RED LIGHT GREEN LIGHT

Make sure that the children understand the idea of Red Light: STOP! and Green Light: GO! Get the children to start at a certain spot on the field and as the instructor, call out red light or green light. The object of the game is for the children to get the skills of snowshoeing and stopping. You can also throw in the Yellow Light for children to go SLOW.

OBSTACLE COURSE

Just like in the gymnasium, the snow-packed field will be adapted with supplies like cones and rope. This could turn into a fun relay for the children participating.

SCAVENGER HUNT

If you have a mid-sized group of kids, a large outdoors space. Create a checklist of errands kids will need to “run.” Pair up kids so that they compete as a duo. Suggested activities: run two laps around the yard; find a twig with four leaves; touch the large oak tree in the corner and run around it once in each direction; touch something blue; skip a lap around the dodgeball court; do 10 jumping jacks. (Livestrong).

SOCCKER

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

LORD OF THE RINGS

Scatter the hula-hoops or goals randomly about the playing area. Each student is given a soccer ball. On the signal, students are given a set time to capture as many rings as possible. To capture a ring, players must dribble their ball to the ring and keep it trapped in the ring for 3 seconds. Once they capture the ring, they go to any other ring for a capture.

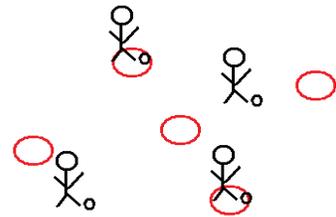
Following are the rules:

Ball must stay inside the hoop for 3 seconds.

Once captured, the hoop is still open to all other players

A player may not capture any hoop more than once, unless they have captured all hoops.

Players are not to interfere with other players in any way.



BOMBARDMENT

EQUIPMENT NEEDED:

Several soccer balls, 6-8 pins (two liter bottles, bowling pins, etc)

HIGHLIGHTS:

Soccer skills including: dribbling, kicking at a target and trapping.

INSTRUCTIONS:

Divide the class into two teams. Teams will be lined up facing each other, approximately 10 - 15 yards apart depending on the grade level. Pins will be placed between the two teams. The pins should be color coded so that each team can recognize their own pins.

1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11

The object of the game is for each team to be the first to knock down all of their pins. Players are not allowed to move from their own positions, except to retrieve a ball, this should eliminate ball hogging. A player may retrieve a ball from the middle, however they must dribble to their home position prior to shooting. If a player knocks down an opposing teams cone it stays down.

HELPFUL HINTS:

When the entire class understands the game we can make smaller teams and play two games at one time. Emphasize proper trapping and kicking techniques. Players can be placed along the side to stop wild shots, but with this method you will need to rotate players.

Another idea for retrieving the ball is to have the retriever give the ball to another player (you cannot shoot a ball that you retrieved). This will encourage teamwork, because if no one chooses to retrieve, their team may not have as many balls to shoot.

Tic-Tac-Toe

Grab a ball with your feet. No hands! Spread out the hoops to ensure good physical distancing. Number the balls to identify your personal ball. Use pylons to ensure spacing between students waiting in line. Be safe and have fun!

Click the link for a demonstration. [Tic Tac Toe](#)

Social Distance Soccer Ideas

PE at home -TB sport Safe, Effective, High Quality PE Socially Distanced PE For a video demonstration click the link, [PE at Home Soccer Resource Video](#)

SOCCER GAME PLAY

- No goalies (unless--use pins)
- Create grids--players play within
 - 3-5 second pass/shot rule
 - Add a second ball
 - Play small sided still, maybe four against four—see diagram below
 - Use kick-ins (no throw-ins) when ball goes out-of-play

Pin	O	X	O	X	Pin
Pin	O	X	O	X	Pin

TABLE TENNIS

Identify a table tennis ball (or use table tennis balls from two different companies; or use a white and yellow table tennis). One player picks up a table tennis ball with her hands, and the other player picks up the other table tennis ball with her hands. Players can flip (with their paddle) or kick opponent's table tennis ball to their side and keep their tennis out of play, when not serving, by placing their ball in their pockets or other safe spot.

TENNIS

Identify a tennis ball (or use tennis balls from two different companies). One player picks up a tennis ball with his hands, and the other player picks up the other tennis ball with his hands. Players can flip or kick opponent's tennis ball to their side and keep their tennis ball out of play, when not serving, by rolling their ball to the fence behind them

TRACK AND FIELD

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Track & Field is a great sport in which everyone can participate. Some students that are naturally small and light sometimes make good distance runners. Students that are strong and muscular tend to like the sprints. For the powerful students that are not fast runners they can compete well in the shot put and javelin. There is a place for every student in Track and Field. Running, Jumping and Throwing involve gross motor skills and every student will have success.

Athletics Canada Run Jump Throw Wheel

Run Jump Throw Wheel (RJTW) is a national program developed by Athletics Canada that teaches fundamental movement skills and develops physical literacy. Using track and field inspired games, activities and skill challenges lead by instructors specifically trained to teach the fundamentals of running, jumping, throwing and wheeling (for children in wheelchairs).

Our goal is to provide a physical activity program that serves as a strong foundation for all sports. Run Jump Throw Wheel assists children in learning to move efficiently so that they grow into adults who are active, productive and healthy citizens.

Any teacher, sport club coach or community recreation leader is capable of delivering the basic Run Jump Throw Wheel program!

FRISBEE SKILLS

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

HIT THE TARGET

Targets are set up away from a throwing line. Players score points by throwing a Frisbee and hitting the targets. Play in Groups of three. In the first round, players each throw a Frisbee to hit the five-meter targets. In the next round, they aim for 10-meter targets, followed by 15-meter targets. In the final round, players try to follow the Frisbee the furthest. To make it a little harder, introduce a relay competition with other teams. The team cannot move to the next target until the team is successful in hitting a previous target. A different type of pass must be used for each target.

VOLLEYBALL SKILLS

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Students can earn their Volleyball rewards by completing skill stations. Practicing wall volleying and bumping as well as wall serving and spiking. Students must have their own ball.

WALKING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Students can earn their walking pin by taking part in a lunch time, afterschool, or walk to and from school club.

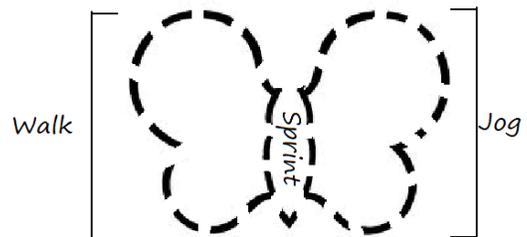
CROSS COUNTRY RUNNING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

To obtain the Cross-Country rewards, the facilitator could have a lunchtime or an after-school program where the student will run different distances different days. The facilitator could even have an obstacle course along the way, or different checkpoints where they could get a “running passport” for example ticked with stickers to show they've made it to certain checkpoints.

BUTTERFLY TRAINING

The butterfly outline is set up with painted lines or cones. On our soccer field we use two white lines for the Butterfly Sprinting Lane, then we set up cones for the wings. The kids start at the wings and go either way. If they go to the right, they jog. If they choose the left, they walk. When they come to the Butterfly Sprinting Lane, they do just that - run FAST and then they choose: right - jog or left - walk.



CROSS-COUNTRY SKIING

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

To obtain the Cross-Country Skiing Sticker/Pin, the facilitator will need to take the students outdoors. If your schools do not have skis, you may have a facility in your community that allows the rental of skis for students or even a park nearby. This may also be a great opportunity to work on achieving your “Combo Sticker/Pin” as you can incorporate Orienteering with Cross Country Skiing.

STOP!

Have kids race to a certain spot. When you blow the whistle, they must stop by a count of three. If they don't stop in time, they must move back ten ski lengths.

SCOOTER

Have the kids take one ski off and race using the remaining ski as if they are riding a scooter.

CHA-CHA

Do the Cha-Cha, 1-2, 1-2-3. Glide on the three. Do it as a group. Do it up a hill, do it downhill, and do it all around. Get Rhythm.

SKAT

Ski like a cat. Curl the claws on all four paws (poles and skis) to grip the snow and spring forward.

WADDLE

With their skis on the V (herringbone) position and edges turned, tell kids to walk and quack like a duck. Start on the flats, and then waddle up a gentle hill.

DOWNHILL DRILL

Start out with the knees on skis, hands on tips for the first run. Do the next run up right with hands on knees. On the final run have kids try to bite their pole handles as they slide downhill.

RED LIGHT GREEN LIGHT

Same as the game on foot. Leader holds poles baskets up for go, poles crossed means stop.

YOGA

A PHYSICAL DISTANCE OF 2 METERS MUST BE MAINTAINED AT ALL TIMES. EQUIPMENT MUST BE SANITIZED IN BETWEEN STUDENTS.

Yoga is an excellent activity for the mind, body, and soul! A great approach to holistic wellness certainly involves practicing yoga.

We recommend that yoga sessions be led by trained Yoga Facilitators, or to follow along a yoga video.

To earn the yoga pin, students can participate in lunch time or afterschool yoga clubs. Yoga poses can be modified to suit any and every ability.

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