

Students need a break?

Take them outside! Fresh air, and physical activity will energize students & improve focus

Need some ideas?



Ever Active Schools has a number of great lesson plans linked to Curriculum. These lessons are easy to pick up and use as outdoor activity breaks. Check them out at our online store:

<http://www.everactive.org/online-store>

Where to start?



Check out the following units for a focus on outdoors:

- Alternative Environment lesson plans K-3 - Set 1
- Activities on the Tarmac K-3 - Set 2
- Walking Unit outside K-3 - Set 2
- Orienteering Unit 4-6 - Set 1



What does Tracy Suggest?

Tracy Lockwood is the education coordinator at Ever Active Schools. She points to one of her favourite outdoor games *Soccer Golf in the School Yard*, found in the Alternative Environment Unit. For more tips & tricks e-mail Tracy at tracy@everactive.org

RECIPE CARD LESSON PLANS

A TOTAL OF 36 LESSONS

organized into 5 units of 6 lessons each: one for each of the five dimensions in the Alberta K-12 Physical Education Program of Studies (dance, games, types of gymnastics, individual activities, alternative environment).

ALL LESSONS INCLUDE:

Warm It Up! (activities to get started), Whoop It Up! (main focus of the lesson), and Wrap It Up! (cool-down activities).

EACH LESSON IS DIRECTLY LINKED

to student learning outcomes included in the K-12 Alberta Physical Education Program of Studies and to the Safety Guidelines for Physical Activity in Alberta Schools.

www.education.alberta.ca

www.acicr.ualberta.ca

\$ **20**
PLUS GST PER SET

ABCD'S OF PHYSICAL EDUCATION



HPEC
Physical Education
Coordinator

Alberta
Government

Ever Active Schools | www.everactive.org

Also Available in French

Alternative Environment

GRADES K – 3 1-1

Lesson 1 of 6

Outdoor Activities FOR ALL SEASONS

ABCD's of Physical Education



Activity	
Basic Skills	A(1-3)-5
Application of Basic Skills	

Clues that students are achieving the outcome...

Alternative Environment

Whoop It Up

SOCCER GOLF IN THE SCHOOL YARD

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Design an 18-hole soccer golf course on the school grounds by choosing 18 objects students will try to hit by kicking a soccer-type ball. Targets might include garbage cans, playground structures, soccer goal posts, backstops, or benches. Draw a map of the soccer golf course, which identifies the starting 'tee' and target 'hole' for each of the 18 holes. Draw 3 boxes beside each tee on the map in which students will record the number of kicks it takes them to hit the target. Divide students into groups of 2 or 3 and provide each group with a map of the soccer golf course, a clipboard and pencil. Instruct groups to start at different holes and complete as many holes as possible in the time provided. To begin, each student will place their ball in the starting tee area and take turns kicking their respective balls towards the hole. Count and record the number of kicks needed to hit the 'hole'. Provide an opportunity for each student to choose the ball they would like to use to complete the soccer golf course and encourage students to kick the ball with both the left and right foot, as well as the inside, outside laces of their shoe and toe of each foot.



Safety First!

For safety, equipment, and supervision considerations when planning outdoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.

