

MOVE & PLAY Through Winter, Eh?



be fit for life
moving alberta

Developing Physical Literacy in the WINTER!

Physical Literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.

International Physical Literacy Association www.physicalliteracy.ca

Acknowledgements

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Leo Keefer (Kinesiology Student, U of C) | Melanie Levenberg (DANCEPL3Y)

Developing physical literacy is an essential part of healthy child development. Children who are exposed to a multitude of movement experiences in a variety of environments are more confident and competent movers, thus giving them a greater chance of remaining active throughout their lifespan.

This resource was created to highlight the importance of **outdoor play** in the **winter** and to provide some **fun ways to do so**. Learning Fundamental Movement Skills, such as sliding and gliding, and engaging in fun outdoor play in the snow are important elements to developing physical literacy in Canada.

What are fundamental movement skills?

Fundamental Movement Skills (FMS) are essential building blocks in the development of physical literacy. Just as learning the alphabet gives a child the tools they need to be able to read, learning basic movements allows for more complex, coordinated movements.

Looking for more on FMS? Check out this My Skills Resource: www.befitforlife.ca/resources



Introduction

How to Use this Resource

The 'Move & Play through Winter, Eh?' sampler cards are a mix of activities that support individuals, families, children and youth to be active outdoors in the winter. Use this resource and share it with individuals, families and organizations that would benefit from getting outdoors more often this winter. The online version of this resource is located on www.befitforlife.ca/resources



This winter card set is divided into three sections and is designed to be used by all Albertans!

- The #myactivefamily section provides information and ideas to support an active family.
- In the Outdoor Games section, there are outdoor activities that can be played by groups of children and youth. Ideal for school or recreation programming, these games can be played in all weather conditions, when participants are properly dressed for the weather.
- Dancing can be done indoors or out. Take the music outside and try all 3 of the winter themed group dances provided by DANCPL3Y!

Participate in Winter Walk Day!

Winter Walk Day is an easy event to participate in as an individual, family, or group. On the first Wednesday of February each year, Alberta participates in Winter Walk Day. Join the thousands of Albertans and get outside!

www.winterwalkday.com



Contact and Social Media Links

Visit www.befitforlife.ca for more information and resources.



Follow us on Facebook, Twitter, and Instagram to stay connected with Physical Literacy Coordinators across Alberta!

[@bffnetwork](https://www.instagram.com/bffnetwork)

Snow Caterpillar

Here is a great winter activity to do as a family! It's just a little different than the traditional snowman.

1. After a fresh dump of sticky snow, make balls of snow and line them up together to create a very long caterpillar.
2. Find various items in the yard or outdoor space to give the caterpillar some character (i.e. rocks for eyes and spots, twigs for antennae).

3. Once the caterpillar is complete, see if you can jump over it! How many times can you jump over? Are some parts of the body bigger than others? Notice the different ways you have to jump – or leap over the caterpillar.

**Adapted from Be Fit For Life's Reach, Twirl, Curl Up Small resource for Early Childhood Educators and Caregivers.*

Be Creative

Try making some bigger snowballs to make jumping more challenging. Try other ways to get over or around the caterpillar (i.e. jump, hop, leap).

Be Inclusive

Ensure that everyone has an opportunity to help build the caterpillar. Help or encourage the little ones when needed.

Learning Opportunities

Count how many snowballs make up the caterpillar!

Imagination Booster

Name the caterpillar and imagine the colours that he or she might be in the summertime. Add a few drops of food colouring to some water in a spray bottle and make the caterpillar's colours come to life!

**Adapted from Be Fit For Life's Reach, Twirl, Curl Up Small resource for Early Childhood Educators and Caregivers.*



Bucket List Challenge

Both children and adults benefit from spending time outdoors. The Children & Nature Network President Cheryl Charles notes that, "Children who spend time outside on a regular basis are happier, healthier, smarter, more cooperative and more self-confident". Spending time together as a family outside not only builds strong family bonds, but creates unforgettable memories!



Here are a few items to add to your "Winter To-Do List" to stay active and to enjoy the outdoors during the wintertime (don't forget to share your #myactivefamily photos on Instagram!):

- Build a snowman**
- Go tobogganing**
- Make snow angels**
- Go skating at an outdoor rink**
- Shovel a neighbor's walkway**
- Catch snowflakes on your tongue**
- Build an outdoor fort or igloo**

** For the complete, year round bucket list please visit: www.bffcalgary.com/events/myactivefamily*

Get Outside!

Spending time outdoors is an essential part of living a healthy lifestyle. With Canadian winters, it is even more important to get outside during the winter months. There are many benefits to spending time outdoors. Here are just a few:

- Improves mood and self esteem
- May contribute to higher grades in school and/or more productivity at work
- Improves focus and concentration
- Increases Vitamin D levels
- Helps improve quality of sleep
- Helps to decrease symptoms of several health issues including depression, anxiety, ADHD and high blood pressure

To make sure being active and spending time outdoors in the wintertime is FUN, ensure that you and your family are dressed and equipped appropriately for the current weather!

Looking for more information?

The **Children & Nature Network** works together to create a world in which every child can play, learn and grown in nature.

www.childrenandnature.org

Take Me Outside works collaboratively with other organizations, school boards and individuals to encourage children and youth to spend more time outside through various advocacy projects and initiatives.

www.takemeoutside.ca

Fun in the Snow - Warm Up Story

- Equipment:**
- Open field of snow
 - Participants will need room to move

Activity

- Description:**
- Read the story "Fun in the Snow" aloud and invite participants to perform any movements they hear throughout the story
 - Movement skills are in bold

Skills

- Explored:**
- Balancing, bending, twisting, turning, dodging, squatting, collapsing, jumping, hopping, skipping, galloping, marching, leaping, hurdling, crawling, standing up (from floor), stepping, throwing

- Tips:**
- Model the activities for the participants as the story is read
 - Model the activities that are appropriate for the activity space and number of participants

- Safety:**
- Ensure participants are spread out in the activity area
 - Encourage participants to face the same direction

- Variations:**
- Have participants try to create their own 'active story' to a winter theme!

One fine winter day, a group of friends, Zachary, Will, Bryden, Kate and Jordan decided to play outside. The sun was shining bright, and the trees had a bit of frost on them. It was a perfect day.

They were all **jumping** up and down with excitement because they were so happy to go outside!

Bryden thought they should have a race to see who could get dressed the fastest. They quickly **bent**, to the floor to pull on their ski pants. They then **jumped** back up and put their coats on, and then immediately **reached** to grab their toques and mitts. **Balancing** on one leg, Jordan and Will tried putting their boots on while standing. For a second they both almost lost their balance, and found

themselves **hopping** around the porch, trying not to fall down. The rest of the group simply **bent** down to get theirs on. They were all moving quite rapidly, but Kate was just a little bit faster. Before the rest of them could finish, she was out the door. The rest frantically moved to catch up with her.

Once outside however, they found that the snow was quite deep. So they all had to lift their knees high and **march** through to get to their play area. Zachary thought it would be more fun to **jump** through the snow, while Bryden and Will figured it would be even more challenging to **leap** over the big snow drifts. Kate and Jordan decided it would be easier to simply keep **marching**.

Eventually, when they got far enough away from the house, Bryden thought it would be fun to make some snow tunnels. They immediately **collapsed** to the ground and began **crawling** through the snow, building and digging lots and lots of tunnels.

After some time had passed, Zachary had an idea! "Let's play penguin tag!" "Sure!" they all agreed.

Zachary reminded the group of the rules. "Everyone quickly get a partner and choose which person will be 'it'. The 'it' penguin does 3 jumps on the spot when I say start, meanwhile the other partner starts to penguin shuffle away. Once the 'it' partner completes the 3 jumps, they start penguin shuffling to tag their partner. If the partner is tagged, they become 'it' do three jumps and penguin shuffle to

catch their partner." Zachary explained. "Ready...get a partner...START!!"

Once everyone had a chance to be "it" and were quite tired, they **collapsed** into the snow to rest. As they were all lying there, looking up at the sky and catching their breath, Zachary had an idea.

When he thought Will wasn't looking, he **bent** down, and made a small snow ball with his hands. He then **stood** up, **drew his arm back** like a bow, and **stepped** and **threw** the snow ball at Will! Luckily, Will saw it coming, and **turned** and **dodged** it just in time. Now it was on.....Soon everyone was **bending** to pick up snow balls and **throwing** them at each other.

It was a fantastic day in the snow!

Make Your Own Warm-Up Story!

Use the template below to create your own Winter Warm-Up Story. Leaders or participants can change the story below using their own names and favorite activities.

It had been snowing all night and _____
Name 1
 and _____ were excited to _____ into
Name 2 *Movement*
 the snow pile in their backyard!

_____ decided to bend her knees and pump
Name 1
 his/her arms so he/she could _____ as far as
Movement
 he/she could.

_____ followed and _____ed into the
Name 2 *Movement*
 snow. It wasn't long before they started to play follow
 the leader in the backyard. _____ led
Name 1
 _____, _____ing through the snow,
Name 2 *Movement*
 pausing to _____ on one foot. They reached up
Movement
 to touch the branches on a tree, trying to
 _____ the snow falling down on them. It was a
Movement
 wonderful winter day in the snow!

Get on a Roll

- Equipment:**
- Open field of snow
 - 'Sticky' snow conditions

Activity

- Description:**
- Have participants roll a snowball until they can no longer move it
 - Object is to make the biggest possible snowball

Skills

- Explored:**
- Walking, Pushing, Pulling, Squatting

Tips:

- Stay low (bend knees)
- Push from bottom half of snowball
- Push from legs rather than arms
- Roll snowball in all directions

Safety:

- Push big snowballs with lower body
- Spread participants out to avoid collisions

Variations:

- After participants can no longer move the snowball, have them work in partners to try and make it bigger
- After partners, go to groups of 3, 4, 5, and so on, until the whole group makes the biggest snowball they can

Fun Winter Fact: Kids are more likely to play outside if they are able to stay warm! Proper layering before heading outside is crucial to staying warm.

For the first layer (direct skin contact), avoid cotton as it traps moisture and will keep you cold. Choose a moisture wicking layer if possible.

The second layer should be an insulating layer. A sweater or fleece is best.

The third layer should be an outer protective layer. Something that is wind resistant, water repellent, and breathable is best.

Remember, kids are likely to stay outside longer if they can keep dry and warm!

- Encourage:**
- Participants to help one another
 - Participants to think about what they can do with these snowballs afterwards (build a snowman, a snow fort, etc.)
 - Participants to invite friends to come over and play

Source:

With files from:
<http://www.kflapublichealth.ca>

Monkey Ball

- Equipment:**
- Soccer balls
 - Open field
 - 4 cones

Activity

- Description:**
- Split the group of participants into 2 teams
 - Set up two nets using the cone
 - Similar game to soccer but participants may only strike the ball with their hands
 - Participants try to score on opposing teams net
 - The ball may never be grabbed or held onto, only hit with the palm or back of hand

Skills

- Explored:** Running, stopping, striking, turning, squatting, crawling

Safety:

- Be aware of others
- Create boundaries for a smaller field
- Avoid grabbing, holding and smothering the ball in order to avoid getting struck by another participant
- Keep the head and eyes up to avoid collisions and bashing heads

Fun Winter Fact: There is actually a type of monkey called a “Snow Monkey,” also known as “Japanese Macaque.” They live in Japan in areas where snow covers the ground for months at a time each year!

- Variations:**
- Split into 4 teams and have 4 nets
 - Add more soccer balls
 - Change the size/shape of the playing field
 - This game can also be played on an ice rink or pond if the proper equipment is available
 - Use smaller and lighter balls to make the game developmentally appropriate for participants.

Educational: A change of mitts half way through playtime is a great way to keep children playing outside longer. Mitts often get wet quickly if they are not waterproof.

- Encourage:**
- Participants to think about how a monkey or gorilla walks around
 - Participants to think about how they can adapt other games they like to play

Source: With files from P3SportsInc

Fill it Up

- Equipment:**
- Scoop, shovel, garbage can lid, etc. (anything to pick up snow)
 - Pail, garbage can, box, etc. (anything that can be filled up)
 - Snow!

Activity

- Description:**
- Challenge participants to fill the container with as much snow as possible using whatever item they have
 - Can be challenged against a timer (for example, how much snow can you get in this container in 5 minutes?)
 - Can be challenged against other participants

- Can be challenged against a set mark (for example, can you fill the container up to this line?)

Skills

Explored: Lifting, walking

Tips:

- Use legs as much as possible

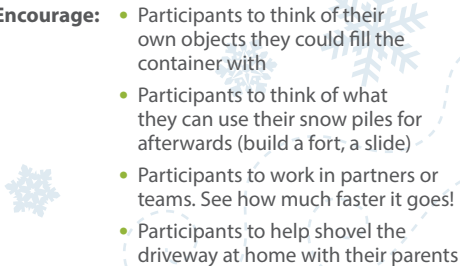
Safety:

- Beware of others around you
- Be sure the height of container is appropriate
- Be sure the container is secured in place so it won't tip over

Fun Winter Fact: Snowflakes always have 6 sides, and no two are alike!

- Variations:**
- Change the scoop (shovel, hands, garbage can lid, anything they can find!)
 - Have participants work in groups or partners
 - If you don't have a container to fill, simply see how big of a snow pile they can make

Educational: Extend this activity into your local community. After it snows, use your shoveling skills and volunteer to clear sidewalks or your neighbor's driveway!

- Encourage:**
- Participants to think of their own objects they could fill the container with
 - Participants to think of what they can use their snow piles for afterwards (build a fort, a slide)
 - Participants to work in partners or teams. See how much faster it goes!
 - Participants to help shovel the driveway at home with their parents
- 
- The page is decorated with several light blue snowflake icons of various sizes and orientations. There are also several dashed blue lines that form circular or spiral patterns, some of which encircle the 'Encourage' list.

Winter Bowling

- Equipment:**
- Any type of ball (soccer, basketball, volleyball, foam)
 - Empty jugs, bottles, or containers

Activity

- Description:**
- Set up empty jugs in the shape of a triangle in the snow
 - Create a line where participants must stand to underhand bowl the ball from
 - Participants attempt to knock all of the bottles down and are awarded points for each fallen jug

Skills

Explored: Underhand throwing

Tips:

Follow through towards target

Safety:

Be sure no one is ahead of the line when bowling

Variations:

- Create obstacles to bowl around
- Bowl down a hill
- Build a jump for the ball to hit
- Human bowling (sledding down a hill and trying to knock down objects)

Educational:

Do not forget the importance of drinking water during physical activity, even in the winter! Our body still needs to be hydrated properly to perform at it's best, regardless of the temperature!

Encourage:

- Participants to decide how much each pin (container) is worth when they knock it down.
- Participants to come up with ways to make it more challenging (adding obstacles, etc.)
- Participants to try real bowling if they have not had the opportunity prior to this experience
- Participants to try bowling with each hand separately, and both hands together

Claim your BUBBLE OF AWESOME through DANCE & PLAY!

Many types of activities can be done outside. Why not try dance! Pump up your portable stereo and add a new element to outdoor activities. Start with the Skating Polar Bears dance on the back of this card!

The Bubble of Awesome is a unique element to DANCEPL3Y Programs – it's the space all around your body where you get to be the BEST version of YOU! Paired with the 3 Rules of PL3Y, the Bubble of Awesome helps reduce the intimidating factors associated with learning dance and allows participants to bust-a-move as they add their own AWESOME style.



What are the 3 Rules of PL3Y?

1. Be Positive
2. Be Fun
3. Be Yourself



www.dancepl3y.com

Excited to show your **AWESOME** style? Head over to www.befitforlife.ca/winter to access 3 'winter' themed dances created by DANCEPL3Y. You will have access to choreography notes and a video for each dance.



Skating Polar Bears | SONG NAME: FOR THE WIN from the ALBUM: SKYWORLD

Character introduction: You are a skating polar bear who has entered an obstacle course skating race. You have to race against other polar bears to see who can make it around the race terrain the fastest. Be careful, there are all kinds of obstacles to jump over! The leader can call out different obstacle objects, jump over a snow drift, a patch of ice, or a log!

CHOREOGRAPHY

Visit www.befitforlife.ca/winter to watch the dance and choreography in action!

MUSIC	MOVE	INSTRUCTOR COACHING CUES
0:00	SLOW MOTION SKATE	Slow motion skate – you are just getting started. Show me the eye of the champion. You have been training your whole life for your obstacle course ice skating race, ready?
0:39	OBSTACLES	Skate skate skate – now jump over that log! Skate, skate – what's that? A rubber ducky? Jump over it! You're almost there!
1:14	SKATING SPRINT	Here's the stretch – it's just a sprint – skate skate skate – move those arms – keep your balance you're almost there!
1:50	OBSTACLES	What's that? A surprise obstacle course finale? You can do it!! Jump!!!! Skate, skate, get over those logs! You're almost there! Jump and skate skate! Jump and skate skate! You made it! Give someone a HIGH FIVE & say YOU are AWESOME!

TAG AND TWEET YOUR CLASS AS THEY GET ACTIVE WITH DANCE @DANCEPL3Y #BUBBLEOF AWESOME