

# Pumpkin Race

*Activity*

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 4 5 6

**Division(s):** Junior

**Setting:** DPA

**Season:** Fall

## Activity Goal

Participants engage in moderate to vigorous physical activity in a fall environment to enhance their fitness and overall health and wellness.

Participants apply tactical solutions to maintain possession of the pumpkin to increase their chance of success of scoring in their opponent's hoop while engaging in physical activity in a fall environment.

For participant safety, please review the contents of the [Beyond the Walls: Safety Considerations](#) page for information on Safety Standards, Fall Safety Considerations, and Outdoor Playing Areas and Surfaces.

## Equipment

- 2 hoops, cones/pylons for targets
- Pumpkin, gourd or other natural object brought by teacher or ball

## Before Play

- Review the safety rules and activity instructions with participants prior to the activity.
- Establish the boundaries for the designated playing area and share them with participants.
- Have participants divide into partners. Direct one participant from each pair to go to opposite ends of the playing area and face each other. Assign each pair a number, starting at 1. Place the two hoops, cones/pylons, at opposite ends of the area so that teams are facing each other, and hoops form the other two sides of a square. Place the pumpkin in a hoop in the middle of the playing area.
- Explain that a number will be called, and when participants hear their number, they must race to the centre of the playing area to try to grab the pumpkin. If they gain possession, they then must travel with the pumpkin to try to get the pumpkin into the hoop before their partner intercepts it. The participant without the pumpkin will try to gain possession, without physical contact (e.g., by intercepting a toss or a loose pumpkin on the ground). Once they gain possession, they then try to put the pumpkin in the other participant's hoop.
- Participants must not travel more than three steps without releasing the pumpkin (e.g., high toss in the air, touch to the foot).

## During Play

- Call a numbered pair of participants.
- Remind participants they can only take three steps with the pumpkin before releasing it (e.g., high toss into air, dribble, or foot tap).

## After Play

Use the following prompts for participants to reflect on ways to be active in fall and engage others in activity to build a habit of engaging in outdoor activity throughout the year.

Question prompts:

- How will our game change if we alter our locomotion for this activity?

- Can you imagine how our game would change if we were playing in an area different from this (e.g., a forest versus a playground)?
- How did the temperature and weather impact our playing of this game? Describe how we might have to change the game in different circumstances (e.g., in severe weather conditions, if there are more pairs competing, if the implement changes).

## Adaptations

Consider these tips to maximize the challenge and the fun for participants.

- Consider calling two pairs at once and allowing participants on the same team to work together to pass the pumpkin between the teammates as they travel toward the hoop to score, while the team not in possession of the pumpkin utilizes defensive strategies to try to prevent the other team from scoring.
- Consider using a bouncing ball so participants can incorporate dribbling skills into the activity.
- Consider using a different body part to 'carry' the pumpkin (e.g., balance it on their head, hold it between their knees).

## Modifications

Consider these tips to maximize inclusion and fun for all participants.

- For participants with mobility challenges, consider using animal walks or a variety of locomotion to alter the speed of play of participants.
- For participants with a cognitive disability, invite all participants to adapt the game or rules to be inclusive of all skill levels.