

Winter Festival of Friendly Fun!

Activity

Resource:

Beyond the Walls: Activities for the Outdoors

Grade(s): 7 8**Division(s):** Intermediate**Setting:** Intramurals**Season:** Winter

Activity Goal

Participants engage in a fun activity in a winter environment to build healthy relationships and social connections with others, appreciating the benefits of being physically active outdoors all year long, and for additional opportunities to be active throughout the school day.

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

Equipment

- Existing goalposts or outside basketball rims or hoops for goals
- Implements to control and send an object
- Object to send (various sports balls, rubber chicken, frisbee, etc.)
- Pylons

How to Play

Plan ahead by identifying interested participant activity leaders and generating ideas through planning sessions with intramural student leaders to identify fun games that provide opportunities for mass participation and can be adapted for play outside during winter. Have intramural leaders consider:

- Available equipment suitable for outdoor winter use
- Available outdoor spaces
- Structures and natural elements
- Station-based events to promote participation
- Rules and safety standards for the activity area and their games

Winter Sports Festival Ideas for activity leaders to consider could include:

- Snow Soccer - Participants play in small groups in a soccer game on the snow. Consider having more than one net and ball.
- Obstacle Course - Using natural elements create an obstacle course for participants to complete as part of a relay race.
- Snow Curling - Create a target in the snow using cones, hoops or drawing the 'curling rink' in the snow with environmentally friendly material.
- Create a winter festival schedule for participants to access.
- Divide participants into equal groups to promote fun, friendly play, and maximum participation.
- Encourage participants to provide feedback on the event by reflecting on how participating in daily physical activity outside in winter makes them feel, what they enjoyed most about playing friendly games with others in their school in winter, and what they might enjoy in the future to continue to participate in winter intramurals.

Adaptations

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

- Consider having varying challenges within the selected activities.
- Consider intentionally grouping participants to promote social connections with others.

Modifications

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

- Connect with provincial Paralympic organizations to access equipment, resources, and adaptations to your activities.
- Consider inclusive approaches to increase or decrease the challenge to find a role for every participant and to encourage full participation.
- Invite participants to consider ways to reduce movement or movement speed around the playing area to ensure inclusion and success for all.