

Pass and Roll in Snow

Activity

Resource:

Beyond the Walls: Activities for the Outdoors

Grade(s): 9 10 11 12

Division(s): Senior

Setting: Curricular

Season: Winter

Activity Goal

Participants send objects to targets while adapting to winter conditions and reflect on how weather and snow affect their movement. Participants consider how they can play this game with others to stay active in winter.

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

- Football or soccer ball (change up the ball used e.g., rugby, football, soccer, volleyball, elephant skin balls)
- Pinnies
- Pylons, cones

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.
- Divide participants into equal groups of five or six and select the teams to wear pinnies.
- Two groups set up their playing area using cones to mark the corners.

During Play

- Groups try to maintain possession of their object by sending it between players. Groups must alternate passing and rolling their object while avoiding an interception by the opposing group. If the object is intercepted, the opposing group gains possession.
- Groups earn a point when their object has been passed or rolled at least once to all group members without an interception. The opposing group then received possession of the object.
- Gameplay begins with a round of Rock, Paper, Scissors, with the winning group earning possession of the object.
- Gameplay is continuous, with groups regulating play.
- Have groups add another ball to the game. The objective is for the group to keep possession of the objects.
- Once the opposing group intercepts an object, that object is placed on the sidelines. The round ends when the opposing group intercepts all objects.
- Have groups alternate offensive and defensive positions.

After Play

Use the following prompts for participants to reflect on how playing games in winter affects their movement and where and how they might play this game with others to stay active in winter.

Question prompts:

- Describe which objects were easier to send and receive in winter conditions.

- How did your team collaborate offensively and defensively to adjust your play to winter conditions?
- How did you adjust your movements in the various games to adapt to the outside conditions?
- How did you adapt your choice of game strategies to the outdoor playing surface and winter conditions?
- What other indoor games would be fun to adapt for outside play in winter?

Adaptations

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

- Have groups change the rules or the size and shape of the playing area to increase or decrease the challenge.
- Have groups use different sizes and shapes of objects to attempt to pass and roll.
- Have participants explore sending different objects.

Modifications

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

- For participants with a physical disability, with challenges retaining an object while moving, allow the game to be played where a dropped ball counts as an additional roll.
- For participants with a cognitive disability, invite all participants to adapt the game or rules to be inclusive of all skill levels.