

# Our Fragile Planet

## Activity

**Resource:**

Beyond the Walls: Activities for the Outdoors

**Grade(s):** 4 5 6**Division(s):** Junior**Setting:** Curricular**Season:** Spring

## Activity Goal

Participants practice sending and receiving skills and team tactics and strategies while engaging in a territory game in a spring outdoor environment.

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

## Equipment

- 1 ball (8"-12" soft/elephant skin)
- 8 hoops (4 hoops for each team) or 2 cones/pylons and 2 beach balls
- Pinnies (2 different colours, 1 per participant)

## Before Play

- Review the safety rules and activity instructions with participants prior to the activity.
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- Establish the boundaries for the designated playing area and share them with participants.
- At each end of the field, set up a 'planet' as follows: place a hoop flat on the ground. Place two others standing, which will be inside the first hoop, leaning together at the top. Place a fourth hoop horizontally on top. If using cones/pylons and beach balls, place one cone/pylon at each end of the field and balance one beach ball on top of each cone/pylon.
- Divide participants into two teams, each team wearing different coloured pinnies and have them spread out in the playing area.
- Explain to participants that Earth Day is celebrated every year on April 22nd. Discuss with participants current practices which may be harmful to the health and vitality of our planet (e.g., air pollution, landfills, chemicals spilled into the water, etc.), and actions we can each take to take care of the health of our planet (e.g., walk more, recycle, use refillable containers for water).

## During Play

- The objective of the game is for participants to work as a team to knock down the opposing team's planet.
- Play begins in the centre of the playing area with a jump ball.
- Participants try to knock down the opposing team's planet by throwing the ball at it.
- The participant with the ball cannot move. They must be stationary and they must pass the ball to a teammate.
- Participants may intercept the ball but are not allowed to knock it out of another participant's hands.
- If the team succeeds in knocking down the planet of the opposing team, they get a point, and the ball is given to the opposing team and play resumes.
- When the planet falls, the players have 10 seconds to rebuild it. If they fail to do so, a point is awarded to the opposing team.
- If a participant knocks down their own team's planet, a point is awarded to the opposing team.

## After Play

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

Question prompts:

- Why is it important to celebrate Earth Day every year?
- What are some things that we as a class might do to help protect our planet?
- What offensive strategies did your team put in place to succeed in destabilizing the other team's planet?
- What defensive strategies did your team put in place to protect your planet?
- How could you adapt this game to play with friends, family, or others outside of school to stay active in the spring and summer?
- What alternate equipment could you use that you might find at home?

## Adaptations

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

- Use more than one ball.
- All players on the same team must touch the ball before they can knock down the other team's planet.
- Divide participants into smaller teams, each with their own planet. The planets could be assembled in each of the 4 corners of the field.

## Modifications

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

- For participants with mobility challenges, adjust the game's rules and invite the whole group to think of a way to make the game more static, so everyone is playing at the same level.
- Invite participants to consider ways to move around the playing area at reduced speeds to ensure inclusion and success for all.

- For participants with limited mobility, have them and others stand or sit close to the other team's planet.
- For participants that are blind/low vision, consider using a brightly coloured ball or an object that is easier to receive (e.g., netball, rattle ball).