



# Snow Fort Adventure

- **Purpose of Activity:** This game will teach children to understand what it means to include others in their play while working together to complete a common goal.
- **Standard:** The student will achieve and maintain a health-enhancing level of physical fitness.
- **Objective:** This game combines fun with aerobic exercise. Students will sustain activity for increasingly longer periods of time while participating in various activities during physical education. • Students will be able to explain and demonstrate basic movement and performance cues related to games and sports.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment, multiple foam or soft rubber throwing balls, and cones to mark off the boundaries for each snow fort.

## Assessment Ideas:

- Reinforce to the students that sharing and taking turns is very important for both safety and enjoyability of the game.

## Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. These students will be allowed to stay located within the fort of their choice.

## Game Overview

This game is similar to a traditional snowball and fort activity. In this game there is no winner or loser.

1. Warm-up: The teacher will lead the students in a warm-up activity, followed by a light stretch before the activity begins.
2. Explain to the class that this game is very similar to a snowball fight, only without the snow. Today we will be using the Adventure Series equipment in our newly-imagined version of a snow fort challenge.
3. Each wall located on the Adventure Series is considered a Snow Fort. Use these walls to hide or avoid being struck by one of the "snowballs".
4. The other components will not be brought into play until a snowball strikes a player. If a snowball strikes a student, he/she will choose three components of the Adventure Series equipment (except for a wall) to work through before heading back to the game.
5. Students may invade another fort besides their own, but may not enter the fort. An invader must remain outside the coned-off area near each fort. If the student does not follow the boundary rule, they will be considered hit and must choose three components to work through.
6. Whenever a player is struck, he or she must choose a new snow fort to protect. They cannot return to the starting fort until they have defended all snow forts.
7. Closure: The teacher should review the purpose of the game with the students. The students will then explain how this game can benefit lifelong fitness.

See included CD for  
electronic version.

