

GLOBAL COMPETENCIES

Critical thinking and problem solving
Learning to learn/self-awareness and
self-direction

INITIATIVE HIGHLIGHT

Healthy Schools
Mental Health and Well-Being

MATERIALS

Hula hoops
Pins (e.g. water bottle, bowling pin)
Variety of throwing objects (e.g. foam
ball, ban bag, rubber chicken)

CASCADE PUTTING COURSE

Junior Level

ACTIVITY DESCRIPTION

Students test their golfing skills at the Cascade Putting Course. The course offers bunkers and water hazards just like a full-size course, but on a smaller scale. Situated at the base of the Niagara Escarpment, this 18-hole, par-67 putting course is landscaped with a limestone backdrop, waterfalls and inspiring features that highlight the beauty of the natural surroundings and panoramic views. This is a great activity for students to learn a new sport, as well as apply skills and strategies in a target game.

CURRICULUM CONNECTIONS

Health & Physical Education



Ontario
Curriculum



A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade (A1.2, A1.3, A1.6)

B1. participate actively and regularly in a wide variety of physical activities, and demonstrate an understanding of how physical activity can be incorporated into their daily lives (B1.1)

C1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities (C1.4)

BEFORE YOU GO

Learning Goal

Students learn how to send an object to a target while playing against an opponent in the context of a target game.

Minds On Activity

- Show the students the equipment as follows:
 1. Place the pin standing up in the middle of the hula hoop
 2. Stand 5 large steps away from the target.
 3. Show the objects that the students can choose from to send towards the target.
- Explain to the students that the objective of the game is to play against an opponent to see who can accumulate 21 points first. SCORING GUIDE:
 - The object lands in the hoop but does not knock the pin down = 1 point.
 - The object lands in the hoop and knocks the pin out of the hoop = 2 points.
 - The object lands in the hoop and knocks the pin down in the hoop = 3 points.
- Ask students to predict the following:
 - *Which object would you choose to send to the target and why?*
 - *Describe how you would send the object and why?*
 - *Describe the skills and strategies you think you need in order to be the first to reach 21 points?*

Action Activity

- Have students play the game in pairs.
- Allow students to switch their throwing objects after a few trials.
- Revisit the questions from the minds on activity above.

Accommodations/Modifications

- Increase or decrease the distance from the students to the target.
- Have students play the game under a time limit to add an element of speed to the game.

WHILE YOU ARE THERE

At Blue Mountain Resort

- At the Cascade Putting Course, students will practice the skills and strategies learned from the target game they played in their pre-trip activity.

ONCE YOU GET BACK

Consolidation Activity

- Ask the following guiding questions:
 - *What skills and strategies were similar between the target game you played in the Minds On Activity and the Cascade Putting Course?*
 - *What skills and strategies were different between the target game you played in the Minds On Activity and the Cascade Putting?*
 - *What was easy and/or challenging about the game of golf at the Cascade Putting Course?*
- In pairs, ask students to modify the game that was introduced in the Minds On Activity and make it into a game of golf where the players have to be successful at one target before moving onto the next.
- Give students the opportunity to play the game in pairs.

Accommodations/Modifications

- Give students the opportunity to use implements to send the objects to the target (e.g. paddle, bat).
- Play the game in different environments (e.g. indoor/outdoor) to add a level of difficulty.