

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
Chart paper
Markers
Targets (e.g. water bottle, bowling pin)
Variety of throwing objects (e.g. whiffle
balls, gator balls, tennis balls, golf
balls)
Variety of manipulation tools (e.g.
hockey sticks, pool noodles, tennis
racquets, scoops, golf putters)

CASCADE PUTTING COURSE

Intermediate 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 in the context of a target game.

Minds On Activity

- Provide students with a wide variety of manipulation tools such as floor hockey sticks, pool noodles, tennis racquets, scoops, golf putter, etc.
- Individually, or with a partner, have the students select a manipulation tool and ball to experiment with and practice the following: moving with the object, changing directions receiving an object, and sending an object.
- Debrief Questions for students:
 - *Describe how you would choose to send the object and why?*
 - *What makes you successful in controlling the object when performing a variety of skills?*
 - *Which object would you choose to send to a target and why?*

Action Activity

- Organize the target objects from the Materials List into a variety of station challenges – this can be done by the teacher or co-constructed with students. Each station should have one manipulation tool, one target and one object that can be used to hit a target. Sample stations may include the following activities:
 - Underhand serve a badminton bird into a hula hoop.
 - Shoot a tennis ball into the net using a floor hockey stick.
 - Putt a whiffle ball at a pylon.
- Students will rotate from station to station to practice the skills associated with sending objects to a stationary target. Students should stand 5 large steps away from the target when sending objects.

Accommodations/Modifications

- Change the distance from the target from 5 steps to 10 steps - *what changes for the sender?*
- Create a point system and have the students keep score of their success.

WHILE YOU ARE THERE

At Blue Mountain Resort

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

ONCE YOU GET BACK

Consolidation Activity

- Arrange the students into small groups, allow each group 15 minutes to discuss the following questions. Then record their responses on chart paper.
 - *What skills are similar in any type of sending activity involving a manipulation tool?*
 - *What strategies were similar in all target activities to achieve success?*
 - *Explain how you used skills and knowledge from the class activities to make you successful at the Cascade Putting Course?*