

## 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

Balls  
Pylons  
Hula hoops  
Photos of target sports (e.g. bowling,  
archery, curling)  
Variety of throwing objects (e.g. bean  
bags, rubber chickens)

# CASCADE PUTTING COURSE

## Primary 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 a variety of ways in the context of a target game.

#### Minds On Activity

- There are several target games in which the participant propels an object, preferably with a high degree of accuracy, at a target.
- Consider showing some pictures of sports that belong in this category such as: bowling, archery, curling.
- Have students think-pair-share with a partner, making a list of skills and strategies that these sports share (e.g. the athletes are sending an object to a specific target to get a point, the athletes have to aim, etc.).

#### Action Activity

- Have students work in pairs, using objects from the Materials List to create their own target game that includes the following success criteria:
  - sending an object(s)
  - a target
  - a system for the player(s) to collect points.
- Give students the opportunity to play their own games and also rotate to play each other's games.

#### Accommodations/Modifications

- Provide an implement for students to use to send the object (e.g. a hockey stick, paddle).
- Consider adding equipment/structures to increase the challenge in the target games.

### WHILE YOU ARE THERE

#### At Blue Mountain Resort

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

### ONCE YOU GET BACK

#### Consolidation Activity

- Create a T-Chart with the terms 'Skills' and 'Strategies'. Discuss with the students the difference between skills and strategies (e.g. skills help you 'do', and strategies help you 'play the game better').
- Have students think-pair-share 3 skills and 3 strategies that they applied at the Cascade Putting Course.  
Possible guiding questions:
  - *What skills were needed in order to send the ball into the hole?*
  - *What did you have to do with your eyes, legs, arms to help send the ball into the hole?*
  - *What strategies did you use to send the ball into the hole?*
  - *How did your strategy change when you had an obstacle in your way?*
  - *When playing against an opponent, what strategies can you apply to increase your chances of winning?*
- Give students the opportunity to share their answers and record them on the T-Chart.