

Snowman Avalanche

Grades: 3-8 [\[YouTube\]](#)

EQUIPMENT

- Bowling Pins
- Spot Markers
- Bean Bags (or balls for bowling)
- Re-entry Station Cards

SET-UP

- Provide students with a bowling pin (“snowman”), a poly spot, and a bean bag (“snow”).
- Students place their pin on the poly spot 2-3 paces away from others.

OBJECTIVE

- To slide bean bags (snow) on the ground attempting to knock over the other pins (snowmen).

DESCRIPTION

- Everyone has built a snowman today, but there is an avalanche coming! On the start signal, create an avalanche by sliding the bean bags (snow) on the ground using underhand motion (as in bowling).
- Watch out! You also must protect your snowman. You do not want your pin (snowman) to fall.
- You can leave your snowman and collect 1 or 2 pieces of snow at a time.
- If your snowman falls over for any reason take your pin to one of the re-entry stations.
- After performing one of the re-entry tasks, you can take your pin and one bean bag back to your poly spot. Once you build your snowman (stand pin on spot marker) you are back in the game.

NOTES FOR TEACHER

- Create your own re-entry stations specific to the needs and level of your students.

PE2020 STRATEGIES

- Physically Distant: Students stand on a poly spot 10-15 paces apart from a pin. Give students one bean bag. Students slide the bean bag on the ground attempting to knock down their own snowman. Each time students use a different locomotor movement to retrieve the bean bag and return to their spot. How many times can students knock the snowman over in 1 minute?
- At Home: Students can practice bowling using two plastic cups and a foam ball or sock ball. Students take one step further away each time they successfully knock down the snowman.

STANDARDS

- VALUES PHYSICAL ACTIVITY: Students recognize the value of physical activity for physical, emotional, and mental health.
- DEMONSTRATES RESPONSIBLE BEHAVIORS: Students demonstrate responsible personal and social behavior.

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