

Game



Arctic Aim

Objective

This is a fun winter activity which will require some prep time. The goal of this game is to throw to a target and hit it.

Set-Up

- Preparing ice targets:
 - Rinse out milk cartons or plastic bottles.
 - Fill with water and add a few drops of food colouring.
 - Place upright in a freezer.
 - Peel the carton to release the coloured ice block.
- Divide participants into groups of 3-4.
- Spread groups out with space between each group.
- Give each group 3-4 ice blocks.
- Participants arrange their ice blocks to form targets.
- Mark a throwing line in the snow.
- Groups make a collection of snowballs. If this is not possible, bean bags can be used.
- Each participant takes turns throwing snowballs at their target.
- Encourage different throwing styles (rolling, underhand, overhand or sidearm).
- Continue for 5-6 minutes or until each participant has had several turns.

Adaptations and Modifications

- Decrease the length of time to hold the pose.
- Decrease or increase the distance to the target.
- Groups can keep track of how many times they hit the target.
- If it is not safe to be throwing snowballs or not permitted at your school, bean bags can be use.

Safety

- Allow for plenty of space between groups to prevent hitting other participants.
- Remind participants to keep their heads up and be mindful of where others are before throwing to the target.

Diagram: Arctic Aim



Equipment Frozen ice targets, snowballs, bean bags

