

Winter
FUN



YOU TOO CAN STAY ACTIVE DURING THE WINTER!

- * In your spare time, ask a parent, teacher, friend or family member to give you a challenge involving a physical or sports activity. To fill in your snowman, you will have to carry out six challenges, each of which must last at least 15 minutes.
- * Here are some ideas: skate 20 times around the rink, run an obstacle course in the snow, build the biggest snowman, snowshoe backwards, etc.
- * See the instructions on the back of this page.

Winter Fun



1.

2.

3.

Write your name:

4.

5.

6.

ACTIVE HOMEWORK

INSTRUCTIONS FOR STUDENTS

- * Write your name in the centre and then fill in each section of your snowman with a short description of one of the challenges you carried out that lasted at least 15 minutes.
- * Make sure to have a parent initial your snowman each time you fill in a section.
- * Get at least one other person moving and participating in the challenge with you.
- * When you have filled in your snowman, bring it to your physical education and health teacher or homeroom teacher, so you can display it in a place where everyone can see it.

INSTRUCTIONS FOR PARENTS

- * Encourage your child to carry out his or her challenges and play outside.
- * Set a good example by taking a few moments to go outdoors and get moving with your child. Enjoy winter fun as a family.
- * Suggest stimulating and fun activities to encourage your child to take the initiative to go and play outdoors.
- * Initial the snowman after each of the challenges carried out by your child.

Breathe in the great outdoors and have some winter fun!

ACTIVE HOMEWORK



YOU TOO CAN STAY ACTIVE DURING THE WINTER!

INSTRUCTIONS FOR TEACHERS

- * Give each student an active snowman to cut out of cardboard and fill in, as well as the instructions for students and parents.
- * Ask your students to identify six challenges and explain how to fill in the active snowman.
- * Do not hesitate to give your students challenges. Be creative!
- * Take the "active homework" one step further by organizing challenges between different classes, levels, schools, etc.
- * Set aside time in which the students can talk about their experience with their classmates and share their ideas.
- * When the students have filled in their snowmen and handed them in, you can download more snowmen at www.mels.gouv.qc.ca/plaisirshiver.
- * Finally, remind the students that it is important to stay active and that they can do so, even in winter.