

SD72 PARENT HOME LEARNING LESSON

MAKE THE STICKS JUMP

MATERIALS: 6 – 10 sticks of various lengths (6" – 10" work well!)
3 small rocks per person

INSTRUCTIONS:

- Set up the playing zone in an open field or dirt area in the woods.
- Draw or designate a starting line from which the players will throw their rocks.
- Place the sticks at regular intervals from the starting line.
- Assign a point value to each stick (the one closest to the starting line is worth the least, the one furthest away will be worth the most).
- Have players take turns throwing their rocks from the starting line with the objective of trying to hit the sticks.
- When the player hits the stick with their rock, and the stick jumps into the air, they are awarded the point value of the stick.
- Play for a set number of rounds or until one player reaches a predetermined number of points.

FUNDAMENTAL MOVEMENT SKILLS: Underhand throw, Overhand throw

CROSS-CURRICULAR – Number sense, counting, skip-counting



Indigenous Games. Presented by Cole Wilson. Saskatchewan Physical Education Association.
https://www.speaonline.ca/uploads/3/8/2/9/38299825/indigenous_games_handout_by_cole_wilson.pdf

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