

Step Outdoors

A steady, rhythmic pace will take you farthest with the least exertion. Do not try to lift the whole snowshoe off the ground with each step, let the tail drag on the ground behind.

How to Walk Downhill on Snowshoes

When walking downhill, be sure to lift the toe and have the snowshoe level with the horizon, not level with the slope. Try sliding downhill for a thrill. Lean way back on your heels, forcing the front of the snowshoe up, and let gravity take you for a ride.

How to Get Up After a Fall

After a fall, roll onto your side and arrange the snowshoes facing forward and parallel. Then, pushing with your arms, force yourself into a squatting position and stand up.

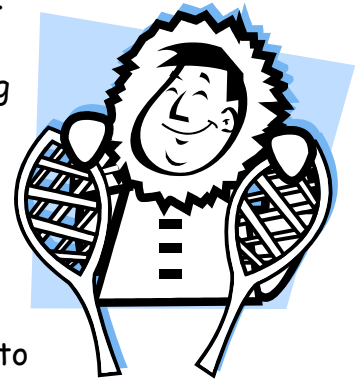
Snowshoe Game:



'Floaters versus Ploughers'

Have the leader remove their snowshoes. This person will be a 'plougher'. The other students keep their snowshoes on and represent 'floaters'. Give the 'plougher' 10 seconds to run away through deep snow, and then send the 'floaters' out to catch the 'plougher'. The students on the snowshoes should eventually catch the 'plougher'.

Summarize the game with a discussion on the advantages of being a 'floater' over a 'plougher' animal.



EXTENSION

Outdoor Activity - Making Animal Tracks in the Snow

Lots of kids like to run across a field of freshly fallen snow just to see their tracks. Put a twist on this activity by having your kids create animal tracks. Using a field guide, study what different animal tracks look like and using different tools (wooden spoons, spades, empty spoons, or any other item you may have) have the kids recreate the tracks in the snow.

REFERENCES

http://coco.essortment.com/snowactivities_rlqz.htm - Snow Activities