

Shade Games:

How many ways can you enjoy the shade?

Using their knowledge of shade on the school ground, students figure out the best, most sun-safe ways to enjoy it. They engage in a range of physical activities—from the smaller muscle movements required by quieter games in the smaller patches of shade, to the larger, faster games that can take place in larger areas of shade or areas of combined shade and sunlight. Students increase their awareness of shade and the importance of seeking it out.

How much time will it take?

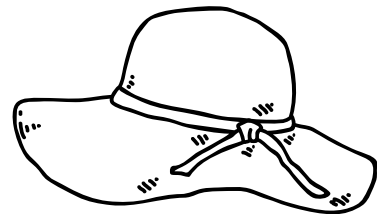
Shade games will work best over one 45-minute classes. In the weeks leading up to summer holidays, they provide students with an opportunity to enjoy the outdoors and burn off some physical energy.

Curriculum Links

This multi-pronged outdoor activity meets curriculum requirements primarily for Physical Education.

Here's what you will need:

- shady spots of all sizes
- Shade Map (if you've completed one), or an aerial photo of the schoolyard
- hats
- sunscreen, if possible
- supplies quieter games that fit in smaller spot (cards, ball, string etc.)



Getting ready (6 minutes)

1. Identify where the shady school yard spots are! Refer to the Shade Map if your students created one. Look at an aerial photo of your school yard if not, or simply go outside and look!
2. Remind students why shade is important. What health benefits does shade provide?
3. Identify 100% shady games. What games or activities could happen entirely inside the shady areas—for example, Foursquare, Hopscotch, skipping, Cat's cradle, or cards. If they require supplies like chalk, cards or string or balls, take them.
4. What games are 50/50 sun and shade? What games or activities could happen inside and outside of the shade—for example Shadow Tag, Prisoner's Base, or Capture the Flag, where the shade serves as the base.
5. What games are 100% sunshine games? Think about activities that require shadows-- for example Shadow Stomp, Shadow Puppets, Shadow Theatre.

Getting outside (39 minutes)

Throw on hats and smear on sunscreen! Practice good sun safety protocol!

Divide into three groups or stick together as a class. Students will play games at three different stations.—100% shade, 50% shade, and 0% shade. Identify where each station will be located and what games or activities will happen there.

Cycle through all three stations. As a class, or in three groups, students move through the different stations. Once they have cycled through the three stations, it's time to head back inside. Their increased knowledge (and enjoyment!) of shade and shadow will help them make sun safe and fun choices on the playground on future sunny days.

More game ideas

Encourage students to incorporate shade/shadow into games that they know. There are many possibilities. Here are suggestions for a few of them.

Shadow tag is like freeze tag, except in order to be unfrozen, another person's shadow has to touch you. Anyone in 100% shade cannot be tagged or frozen (i.e., 100% shade is home base). Students can decide if there is a time limit on how long a player can stay at home base.

Shadow stomp is another version of tag and it requires 100% sun. The person who is "it" doesn't tag someone with their hand, but rather steps on another person's shadow. That person becomes "it."

Shadow theatre requires a large sunny area, where people's shadows fall across the ground or onto a school wall. Student can experiment with movement to create scenarios between the shadow figures.

Shadow puppets work best when sharp shadows are cast onto a clear wall. What shapes can students create with their hands, with paper, or with found objects?

Ideas for going a further

Making sunny games safer. How can games that happen in the sun (like baseball or soccer) be made more sun safe? Come up with a list of best practices for the school yard.

Shade games for everywhere! Encourage students to examine the shade game possibilities in other locations—either their own homes, or public parks. What games would be most suitable for the shade they find there?

The importance of shade. Have student enumerate other occasions when finding shade is important, for example at an amusement park or a festival.



Let us know how this activity worked for you and your students.
Send us an email at alberta@canadianskincancerfoundation.com