

MINI-BIATHLON



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SCHOOL LEVEL

Kindergarten to Secondary 5

TYPE OF ACTIVITY

Endurance and Lacrosse shooting

DURATION

15 to 30 minutes

LOCATION

Outdoors

SUBJECTS

Physical education

OBJECTIVES

This outdoor activity combining running (in snowshoes if you wish), and Lacrosse shooting allows the students to improve the cardiovascular endurance and precision necessary to complete the Ancestors' Challenge. Hitting targets with Lacrosse apparatus in a state of fatigue is an integral part of the Challenge.

MATERIALS

- > Hoops and cones as targets
- > Cones to mark the playing field
- > Jump ropes to mark the start, finish and throw lines
- > Lacrosse sticks and balls (Inter-crosses or Scoop ball equipment will also work)
- > Snowshoes if you wish

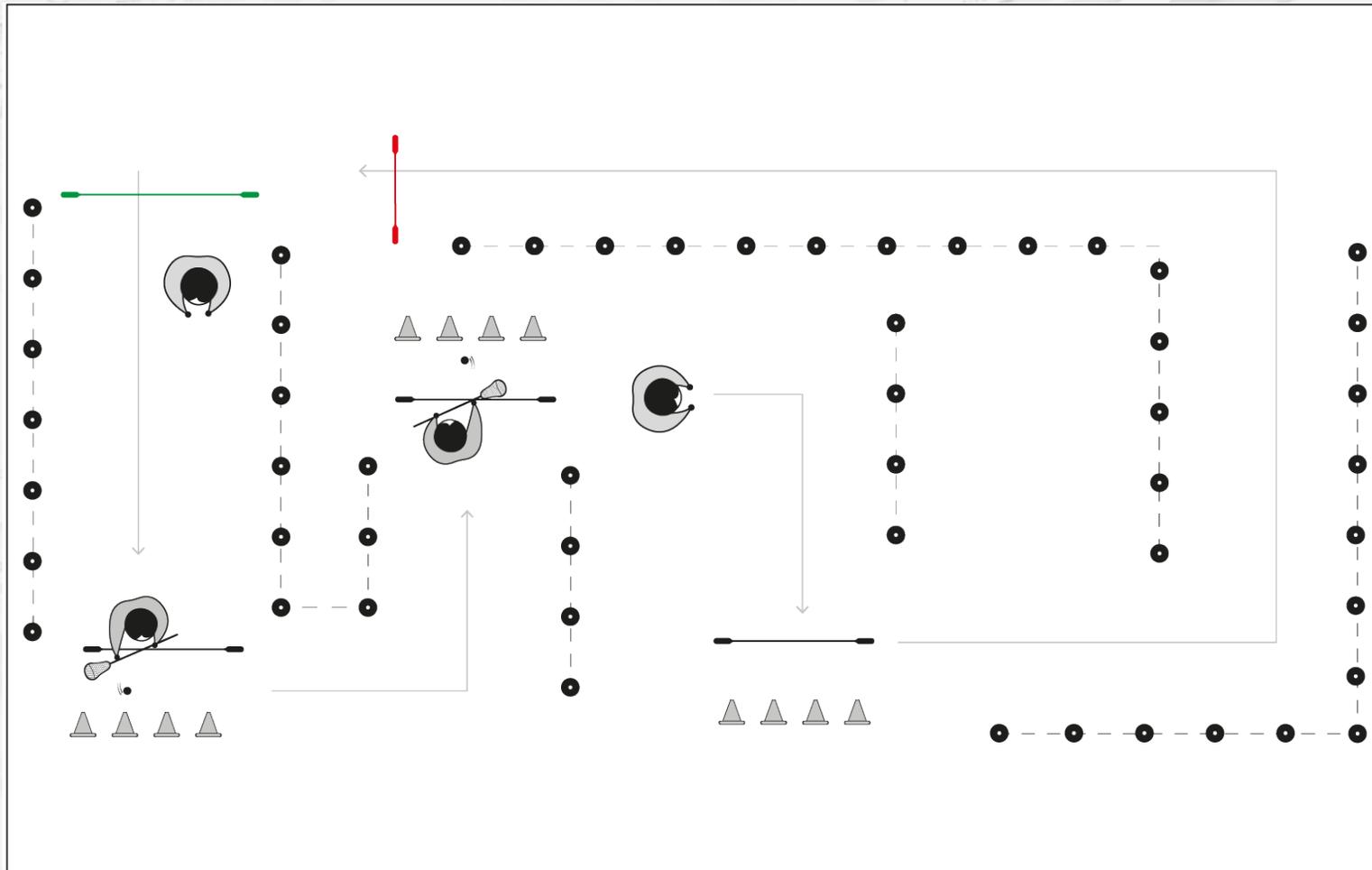
MINI-BIATHLON

STEPS

- > This activity is a running or snowshoeing race with Lacrosse shooting stations, taking place outdoors
- > 4 students compete simultaneously. All quartets take turns participating
- > As soon as the start signal is given, the students follow the path illustrated.
- > When at a shooting station, the student needs to hit the target twice before being allowed to resume the course. There will be 3 shooting stations in all.
- > The goal is to finish the race as quickly as possible.

MINI-BIATHLON

ILLUSTRATION



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VARIATIONS

- > Always change the distances between the shooting line and the targets, as well as the length of the entire course depending on the level of the students.
- > If you choose to perform the activity in the winter, feel free to use any equipment at your disposal to move on the snow. You could therefore favour cross-country skis over snowshoes.
- > The event can be timed, so as to add a more competitive side. Two courses could also be created side by side, enabling competition.
- > If you want to put more emphasis on shooting, you can add stations and targets to hit.
- > Obstacles could be added to increase the level of difficulty.
- > It is possible to modify the activity so that it becomes a relay and thus add a dimension of cooperation.