

Physical Education By Mari Hoe-Raitto (Salsha)

Lesson #1: Life as part of a sled dog team

Grade level: k-6

Objective: learn about sport of dog mushing & being part of team

Equipment: Jump ropes, cones, mats

- Divide groups into 5 students in each group.
- Each group have 2-4 jump ropes(depends on length)
- Line students up with a leader dog, swing dog, team dog and a wheel dog.
- The Jump ropes are the dog lines.
- The musher is holding on with both hands at end of jump ropes, and every body else are too starting with lead dog, ending with musher.
- The teacher has taught the students about the sled dog vocabulary already, and this is the practice session learning about directions like Gee, right- Haw, left.
- Also work on Whoa, stop. Mush is to get started. Easy is to slow down, Faster to speed up.
- Teacher shouts off the directions of what the students should do like they are catching on the commands well, each musher in different groups takes their team around and they will use the commands.
- Teacher makes everybody whoa. Next the lead dog will be the swing dog, swing dog will be the team dog, team dog will be the wheel dog and wheel dog will be the musher.
- Rotate so every student gets to try the different positions.
- Use cones and mats as obstacles

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Lesson #2: On the race trail

Grade level: k-6

Objective: Follow directions, being part of a team, learn about sled dogs, Conditioning

Equipment: Hula hoops, cones, mats

- The race is on. Make teams with one child each holding on to a hula hoop.
- When teacher gives directions, students will skip, gallop, run or walk, do gee- haw and whoa.
- When stopped, students will do 5 sit ups or pull ups, the back up on their feet and run, gallop skip.
- Have students in groups of 5 get together and practice the same as they did with jump ropes, but now with hula hoops.

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Lesson #3: Sled dog relay

Grade level: k-6

Objective: Follow directions, being part of a team, learn about sled dogs, Conditioning

Equipment: plastic sleds with a 4 dog lines attached. (Fanstyle or Alaskan style) gangline. Cones

- Teams of five. Musher sits in sled while the 4 others pull him/her on the sled.
- Teacher have set up the cones and gives students directions
- Every student gets to be musher, so as they go around the cones, they also change positions. Teacher will specify where to change positions.
- When every body has been able to be a musher two times that group are the winners.

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Lesson #4: Overcoming Obstacles

Grade level: k-6

Objective: Obstacle course being part of a dog team/ or skijor

Equipment: Jump ropes, hula hoops, Sled dog mushing facts,
Other gym equipment to use as obstacles

- Teacher set up and obstacle course that a skijorer and a dog have to go through or a whole dog team and a musher.
- Use jump ropes if they are a whole team, and hula hoops if a skijorer.
- It can have several stations, like checkpoints for eating the right food (nutrition), making sure everybody is dressed right for the weather, etc.
- Each station has checkpoints with questions on the way that student have to try to answer before going on to the next.
- The obstacle course can be made up of anything you have in the gym or use the playground equipment as the obstacle course.