



CANADIAN  
PARENTS  
FOR FRENCH  
SASKATCHEWAN

## *Virtual Fête du soleil*

### Les sports/Sports

### Do-It-Yourself Activity Guide

#### Vocabulaire/Vocabulary

1. Le ballon panier - Basketball
2. Une raquette de tennis - A tennis racket
3. Le soccer - Soccer
4. Le cyclisme - Cycling
5. Le tir à l'arc - Archery
6. Le base-ball - Baseball
7. Le football - Football
8. Le hockey - Hockey
9. Le badminton - Badminton
10. Le golf - Golf

## Bricolage/Craft

### Assiette de sports - Paper Plate Sports Ball

*Materials:* paper plate, paint or marker, paint brushes

*Instructions:*

**Basketball:** Paint or colour the paper plate orange. Let dry. With black paint or a black marker, draw the four lines that make a basketball.

**Tennis ball:** Paint or colour the paper plate yellow. Let dry. With white paint, draw the two curved lines.

**Baseball:** With red paint or a red marker, draw a 'U' space from one edge through the center of the plate. Add small red lines that cross the first red line.



**Paper Plate Sports Craft**



## Un bocal d'arbitre

*Materials:* a mason jar, black and white paint, 3 buttons

*Instructions:*



1. Starting with a clean mason jar, paint back vertical lines on the jar and let dry. Make sure to paint all around the jar.
2. With white paint, paint in between the black lines and let dry.
3. Using three buttons, glue them in a vertical line to create the shirt of a referee.

## Cuisine/Cooking

### Brochettes de fruits/Sports themed fruits kabobs

*Ingredients:* wooden skewers, strawberries, blueberries or other fruits of your choice, marshmallows, red icing



*Instructions:*

1. With red icing create the stiches of a baseball.
2. Assemble your kabob alternating with fruit and marshmallows.

## **Brownies de football**



*Ingredients:* 1 cup unsalted butter, 1½ cups chocolate chips, 1½ cups sugar, ¾ cup brown sugar, 1 tbsp vanilla, 1 tsp salt, 3 eggs, ¼ cups flour, ⅓ cup cocoa powder, white icing

*Instructions:*

1. Preheat oven to 350 degrees.
2. Add butter and 1 cup chocolate chips in a microwave safe bowl. Microwave for 1 minute 30 second and then let sit for 3 minutes before whisking.
3. Add the sugar and brown sugar, vanilla, salt. Whisk to combine.
4. Whisk in the eggs until fully combined.
5. Sift the flour and cocoa powder into the bowl and fold in with the spatula.
6. Add the remaining chocolate chips and fold again
7. Line the square baking pan with parchment paper and grease with spray. Spread the batter in the pan.
8. Bake to 35-40 minutes. Test with toothpick.
9. Let cool and cut into football shapes. With white icing create the lines of a football.

## **Science/Science**

**Quelle balle de golf peut bondir plus haut? Which golf ball will bounce the highest?**

*Materials:* 3 golf balls, hot water, cold water

*Instructions:*

1. Put one of the golf balls into hot water. Carefully remove it with tongs as it will be hot. Bounce the ball to see how high it bounces.
2. Put a second golf ball into the freezer so that it gets cold. Remove it from the freezer. Bounce the ball to see how high it bounces.
3. Leave the third ball at room temperature. Bounce the ball to see how high it bounces.

### **Tester votre temps de reaction/Testing your reaction time**

*Materials:* a ruler, a paper, a pencil or pen

*Instructions:*

1. Ask a friend to put their thumb and index finger slightly open at the bottom of the ruler, with the ruler between their fingers. Drop the ruler and record the measurement on the ruler where the other persons fingers are. Repeat for all participants. Let each person have three attempts and record the average value. The person with the fastest reaction time is the one who catches the ruler at the lowest measurement, as the sooner the ruler is caught the less time it has had to fall.

### **Jeux/Games**

#### **Hockey avec nouilles de piscine/Pool Noodle Hockey**

*Materials:* ball, pool noodles, outdoor space

*Instructions:*

Make two teams and try to score by putting the ball in the opposing team's net.

#### **Tête, épaule, genoux, orteil, pylône/Heads, Shoulders, Knees, Toes, Pylon**

*Materials:* one or two pylons

*Instructions:*

One person calls out an action in whatever order they want (heads, shoulders, knees, toes, pylon) and the players need to touch that part of their body. When the caller announces pylon, the other players need to pick-up the pylon as fast as they can. The first person to pick-up the pylon wins that round and gets one point. Once one player reaches ten points wins and they become the caller.

### **Lance au frisbee/Frisbee Throw**

*Materials:* Frisbee, chalk

*Instructions:*

Using the chalk draw squares and circles on the ground to use as targets. Throw the Frisbee and try to get in into the targets.

### **Exercice/Exercise**

#### **Les mouvements des sports/Sports Actions**

*Instructions:*

One person calls out a sport (such as hockey, golf, tennis, basketball, soccer, football, baseball, archery) and everyone does the actions of that sport without any equipment.