



Locomotion 1.1: Space bubble

3 - 5 year olds

Introduction (3 - 5 minutes)

Greet the children, introduce yourself, and bring them to the centre of the activity area.

Ask the children to hold hands and form a circle with you, then sit down.

If available, you can use existing circle markings on the floor.

Ask children to sit with their hands on their knees with their eyes looking at you (crisscross-apple-sauce).

Explain any special safety rules for the day.

Explain that when you give a specific signal (e.g. whistle blow), the children must Stop, Look, and Listen.

TIME: 30 minutes

SKILL: Locomotion (Balance in Activity 1 and 2)

EQUIPMENT: none

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

TIPS FOR INSTRUCTION

- Always be consistent with your introductory routine and instructions.
- Always phrase your comments in a positive and constructive way.

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Explain in 20-30 seconds what you will be doing today and start the first activity.

Activity 1: Space bubble (2 - 3 minutes)

- This activity develops each child's awareness of personal space and promotes safety.
- Tell the children to stand up and spread out so they are not touching each other.
- Demonstrate what their "space bubble" is.
- Keep feet on the ground and reach arms in all directions.
- You should not be able to touch anyone else.
- Ask the children to make their own space bubble like you demonstrated.
- Explain: To stay safe, their bubble should not touch anybody else or any objects around them, such as walls or equipment.

Activity 2: Making shapes (6 - 8 minutes)

- Explain that the children will now make shapes with their bodies within their space bubble.
- Demonstrate that the space bubble gets bigger or smaller depending on the size of the shape.
- Ask the children to imitate you as you make the following shapes:
 - » *Star (arms and legs stretched wide, standing or lying down)*
 - » *Ball (crouch and tuck as small as possible)*
 - » *Candle (stand straight and tall with arms above head)*
 - » *Flamingo (stand on one leg with arms out to sides)*
- Give the children an opportunity to invent their own shapes.
- If time permits, ask a few students to demonstrate their shapes and ask the rest to

TIPS FOR INSTRUCTION

- Demonstrate to the children what could happen if we are not aware of our space bubbles (e.g. bumping into a wall or equipment, banging into somebody with their hand or body).

imitate.

Activity 3: Be free and do like me (6 - 8 minutes)

- Ask the children to stand up and spread out so they are not touching each other.
- Ask the children to imitate you as you demonstrate the following skills:
 - » Jump up and down
 - » Jump side to side
 - » Hop (on one foot at a time, alternate left and right)
 - » Walk at different speeds, directions, and patterns (shapes, zigzag, etc.)
 - » Skip (step, hop, step, hop...)

Wrap-up (2 minutes)

Ask children to lie on their backs and face upwards.

They can look at the ceiling or keep their eyes closed (some may be afraid of closing their eyes).

Talk about what they learned today and the things they did well.

“I want everybody to think of one good thing they did well today. If your one good thing was _____, you can line up in front of me.”

- *Keeping your space bubble*
- *Stop, look, and listen*
- *Doing a good job of copying me*
- *Etc.*

TIPS FOR INSTRUCTION

- From time to time, ask the children to freeze.
- Check that they are maintaining their space bubbles.

CUES

- *Head up*
- *Look around*
- *“Space bubble”*