



Locomotion 1.3: Animal walk, move and grab

3 - 5 year olds

Introduction (3 - 5 minutes)

Greet the children and ask them to sit in a circle.

Explain any special safety rules for the day.

Remind children to stop, look, and listen when you signal (e.g. blow whistle).

Explain in 20-30 seconds what you will be doing today.

Today we will practice moving in different ways.

We will be galloping, hopping, jumping, skipping, and more.

Remember your "space bubble" so you stay safe. (See Locomotion 1.1)

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Bean bags, hoops

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

DISCLAIMER: The lesson plans and activities provided on this website are for educational purposes only. Physical activity is not without its risks and the activities provided on this website may result in injury. We disclaim any liability from and in connection with the activities provided on this website.

Activity 1: Animal walk (8 - 10 minutes)

- Ask the children to spread out along one end of the activity space.
- Who can show me how a [name of animal] moves?
- Have one child demonstrate to the group and then rejoin the group.
- Ask the children to move to the other end of the activity space the way that animal would move.
- Animal suggestions:
 - » *Horse - gallop*
 - » *Bunny - 2 foot mini jumps*
 - » *Kangaroo - tuck jumps*
 - » *Crab - palms and heels, belly up*
 - » *Dog - hands and knees*
 - » *Bear - hands and toes*
 - » *Chicken/Duck - knees bent, flap elbows*
 - » *Monkey - knees bent, low arms, swaying*
 - » *Frog - leap from hands and feet*
 - » *Elephant - trunk swing, soft steps*
 - » *Bird - flapping*
 - » *Giraffe - on toes and stretching*

TIPS FOR INSTRUCTION

- After children arrive at the other end, they must wait for your signal before repeating.
- Ask the children to suggest other animals.
- Children can make the noise of the animals.
- Use music at different tempos to cue the activity

CUES

- *Heads up*
- *Look where you are going*
- *“Space bubble”*

Activity 2: Move and grab (8 - 10 minutes)

- Distribute a pile of beanbags at one end of the activity space.
- Children spread out along the other end of the activity space.
- Leader picks a place to stand with two hoops on the floor.
- Leader demonstrates a movement (e.g. walk) and then calls out “*Walk and grab*”.
- The children will “walk” to the other end of the activity space, grab one beanbag and place it in one of the hoops next to the leader then “walk” back to starting place.
- Repeat activity with different locomotion movements:
 - » *walk*
 - » *run*
 - » *jump*
 - » *hop*
 - » *gallop*
 - » *skip*
- Variation: Ask the children to travel like the animals in activity 1.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Talk about things the group did well.

Talk about things the group may need to practice further.

TIPS FOR INSTRUCTION

- Emphasize it is not a race
- Leader should set up the activity
- Children should sit during the demonstration

CUES

- *Heads up*
- *Look where you are going*
- “*Space bubble*”