



Locomotion 1.4: Head and shoulders, statues, body freeze

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 you will be learning a fun song and moving around in different ways.

To stay safe, remember your "space bubble".

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Bean bags

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: Head and shoulders (3 - 5 minutes)

- Children stay seated in their circle to watch the leader's demonstration.
- Leader slowly sings the song "Head and shoulders, knees and toes" and demonstrates the actions.

Head and shoulders, knees and toes

Knees and toes, knees and toes

Head and shoulders, knees and toes

Eyes, ears, mouth and nose.

- Leader asks the children stand, then sings the song together with them (practice).
- Leader and children then repeat with actions (touching each body part).
- Leader can speed up or slow down the song, or change their voice (deeper, higher, softer) to make the activity playful.
- Older children can try this activity while moving around the activity space (e.g. walking).

Activity 2: Statue game (8 - 10 minutes)

- Leader calls out a movement pattern (e.g. walk, run, hop) and children move around activity space using that movement.
- When the leader yells "freeze!" everyone must freeze and put both hands on one of their body parts named in the head and shoulders song.
- Play different rounds using different movements:
 - » walk
 - » run
 - » jump
 - » hop
 - » gallop
 - » skip

Activity 3: Bean bag body freeze (8 - 10 minutes)

- Leader spreads several beanbags around the activity space.
- Leader asks children to move around the activity space using the movement pattern named by the leader.
- Leader calls out a body part and children quickly find a beanbag and place or hold the beanbag on that body part.
- Play different rounds and change the movement pattern (see list in Activity 2) and the body part each time (head, shoulders, knees, toes, eyes, ears, feet, tummies, arms, chins, shins).

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.

CUES

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