



## Locomotion 1.2: Simon says, island hopping

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 practicing how to move in different ways.*

*To stay safe, remember your "space bubble".*

**TIME:** 30 minutes

**SKILL:** Locomotion

**EQUIPMENT:** Hoops

**ORGANIZATION/PROGRAM:**

**ACTIVITY LEADER:**

**GROUP NAME:**

**DATE:**

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## Activity 1: Simon says (8 - 10 minutes)

- When the leader says “Simon says...”, children look at what the leader is doing and then follow the command.
- Leader signals to the children to stop after 5-10 seconds, then gives a new command.
- If the leader does not say “Simon says...” before a command, children should remain still.
- If a child moves on a command when the leader does not say “Simon says...”, the leader asks the child to sit down and stand up quickly. (Child continues to play. This avoids elimination from the activity.)
- Once the leader has done several commands, children may be given turns to lead the activity.
- Suggestions for commands:
  - » *Jump on the spot*
  - » *Hop on the spot on one foot*
  - » *March like a soldier on the spot (knees up)*
  - » *Walk around slowly*
  - » *Follow the leader while walking quickly*
  - » *Jump around on two feet*
  - » *Hop around on one foot*
  - » *Skip around*
  - » *Walk like a crab*
  - » *Walk like a duck*
  - » *Leap like a frog*
  - » *Roll like a log*

## TIPS FOR INSTRUCTION

- Make sure children spread out and find space
- Make sure children face the leader

## CUES

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

## Activity 2: Island hopping (8 - 10 minutes)

- Leader places hoops around the activity space (one hoop per child).
- Leader explains that the hoops are islands.
- Leader calls out a way for children to move (see Activity 1 above).
- Children must move around the “water” between and around the islands (hoops).
- When the leader calls “shark attack!”, children must jump onto an island to be safe.
- Once you have played a few rounds, take away half of the hoops.
- Children are now allowed to “share” their island with one other friend.

## 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

- For safety, tell the children not to step on the hoops

## CUES

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