



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

Skipping 1.1: Animal safari

3 - 5 year olds

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: Music, beanbags

Introduction (2 - 3 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 learn how to skip.

Activity 1: Safari adventure (5 - 8 minutes)

- Leader asks children to spread out along one end of the activity space.
- Leader calls out the name of an animal (e.g. snake, monkey, frog, rabbit, cheetah, elephant etc.) and demonstrates how that animal might move.
- Children move across the activity space performing that animal movement.
- Leader can ask children to suggest other animals, and each child demonstrates how that animal might move.

TIPS FOR INSTRUCTION

- Leader can participate and model movements for children who need help.
- Suggest animals that encourage movement at different speeds and heights (e.g. close to the floor like a snake, bent knees like a rabbit, on tippy toes like a giraffe).

Activity 2: Skipping (8 - 10 minutes)

- Leader asks children to stand in a semi-circle so everyone can see the leader.
- Leader demonstrates the two parts of skipping: *“the step and the hop”*.
- Leader asks children to march slowly on the spot with high knees.
- Leader then asks children to *“take off”* with each marching step (like a hop).
- Leader asks the children to spread out along one side of the activity space.
- Leader skips with the children to the other side.
- Repeat several times, and change skipping speed each time for variety.

TIPS FOR INSTRUCTION

- Provide enough practice time for success.
- Praise children for their efforts.
- Don't expect mastery of skipping in one session.

CUES

- *Swing arms*
- *Head up*

Activity 3: Pathfinder (10 minutes)

- Leader scatters several beanbags around the activity space.
- Each child chooses a beanbag as their “home” beanbag where they start.
- *When I play the music, skip around the beanbags without touching any of them.*
- *When I stop the music, I will call a number between 1 and 3.*
- *Skip around and touch that number of beanbags, then skip back to your own beanbag.*
- Play several rounds, and let the children take turns calling numbers.

TIPS FOR INSTRUCTION

- Praise children when they skip well.

Wrap-up (2 minutes)

Ask children to sit quietly in a circle.

Review what they learned today.

Why should you keep your head up when you are skipping?

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