



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

## **Locomotion 1.2: Island hopping**

3 - 5 year olds

**TIME:** 30 minutes

**SKILLS:** Jump, hop, skip, leap, walk, march, roll

**EQUIPMENT:** Floor mats

### **Introduction (2 - 3 minutes)**

Gather the children in the activity area and sit down in a circle.

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

Explain any special safety rules for the session.

## Warm-up: Jumping High Fives (4 - 5 minutes)

- Ask the children to line up in front of you.
- Take a step back, hold up the palm of one hand, and ask the children to take turns jumping to “high-five” your hand.
- Adjust the height of your hand according to the height and ability of each child.
- After every child has jumped, ask them to line up and do it again, but increase the height slightly so they are challenged to jump higher.
- Repeat five to ten times, according to the children’s level of fun and fatigue.

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

- Ask the children to follow your movement commands and imitate you.
- Explain that you will say “*Simon says...*” or your name followed by “*...says...*”.
- Explain that if you do not say your name or “*Simon says...*” before a command, the children should remain still.
- If a child moves when you have not said your name or “*Simon says...*”, the child must quickly sit down and stand up. (They do this instead of being eliminated.)
- With each movement command, have the children stop after 5-10 seconds, let them rest for a few seconds if necessary, and then provide a new command.
- 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
- After you have given several commands, let the children take turns leading the activity.

### CUES

- *Heads up*
- *Look where you are going*

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

- Place mats around the activity space (one mat per child) and explain that the mats are islands.
- Explain that the space between and around the islands is “water” and the water is full of sharks.
- When you call out a movement pattern (see Activity 1 above), the children must move through the “water” between the islands (mats) using that locomotion skill.
- When you call “shark attack!”, children must jump onto an island to be safe.
- Once you have played a few rounds, take away half of the mats.
- Children are now allowed to “share” their island with one other friend.

### CUES

- *Heads up*
- *Look where you are going*

## Wrap-up (2 minutes)

Gather the children and sit down in a circle again.

Talk about what the group did today, and ask the children what was their favourite part.

Transition to your next activity—whether free play or other.

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