



DATE:

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP OR CLASS:

Locomotion 1.1: Follow the Leader

3 - 5 year olds

TIME: 30 minutes

SKILLS: Hop, jump, skip, crawl, leap, walk, run, balance, agility, flexibility

EQUIPMENT: Items to create an obstacle course (benches, cushions, tunnels, rope, etc.)

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: Obstacle Course (5 - 6 minutes)

- Together with the children, create a simple obstacle course.
- Use chairs and tunnels to crawl under and through, wooden benches and lengths of rope to walk across with balance, cushions to leap over, etc.
- You can also have distances marked with cones or poly spots where the children must cross the distance using a particular locomotion pattern (e.g. jumping, hopping, skipping).
- When you have finished creating the course, try to lead the children once through the course, and demonstrate the actions required in each part.
- Have the children pass through again as many times as they want.
- Be ready to “coach” them through sections if they forget what to do.

Activity 1: Follow the Leader (7 - 8 minutes)

- Ask the children to line up behind you with their arms stretched straight in front.
- Explain that they are not allowed to touch the child in front of them, so they need to move back and give a little space to each other if they are touching the child in front of them.
- Tell the children that your group is a train, and you are travelling down the train tracks by doing different movements.
- Lead the children around the activity area using different movement patterns of locomotion.
- For example, you might start by jumping two-footed for a distance, then switch to hopping on one foot, then switch to hopping on the other foot, then skipping, etc.
- Call out the locomotion movement pattern each time that you transition.
- Encourage the children to make train noises (e.g. train whistle, mechanical noises, etc.)

TIPS FOR INSTRUCTION

- If you see any children who do not understand the locomotion movement that you have named, stop for a moment and demonstrate the movement to the group.
- Develop leadership skills by asking some of the older children to take turns leading the group (one minute each).

Activity 2: What Time is It Mr. Wolf (8 - 10 minutes)

- As the activity leader, you start the game as the Wolf.
- Ask the children to line up along one end of the playing area.
- For each round of play, you name a locomotion movement that they must use in the game (e.g. walk, jump, hop).
- You stand at the opposite end of the playing area and turn your back to the children.
- The children shout, “What time is it, Mr. Wolf?” and you answer with a time (e.g. “It’s 3 o’clock!”).
- The children advance that number of steps, jumps, or hops, and then they shout again, “What time is it, Mr. Wolf?”
- You continue to respond with different times/numbers until the children are very close to you.
- When the children shout again, you reply “It’s dinner time!” and turn to chase them back to the start line.
- Play three rounds as the Wolf, using a different locomotion movement each time, and always letting the children arrive safely back at the start line.
- For the remaining rounds, ask the children if any of them would like to try being the Wolf. Give one turn to each child who wants to try.

TIPS FOR INSTRUCTION

- Be sure to demonstrate each locomotion movement at the start of each round.

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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