



Active Minds Active Bodies



Children on the Move

By June LeDrew,
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Book Title: Children on the Move: An Active Living Alphabet.

Purpose: To encourage children to be physically active in response to the story. Recognizing and adapting to the space that is available.

Suggested space:

- Circle time
- Large Space
- Small space
- X Outdoor Space

Activity:

Read the story to the children.

Active Movement: any age appropriate developmental milestone (i.e. jumping, running, kicking, skating, dancing, catching.)

Objective: to demonstrate the developmentally appropriate motor skills for children ages two, three and four.

Required equipment: Beach ball; each section of the beach ball should have a letter on it, with a picture of an activity starting with that letter (i.e. 'J' for "jump", 'H' for hop, 'D' for dance, 'B' for balance on one foot, 'K' for kick and 'R' for run)

Description: Have the children form a circle, standing up. The beach ball is thrown to a child; the child who catches the ball states the letter that is on the section facing them and begins doing the activity that is under the letter (i.e. 'J' "jump"), with all of the children joining in. When the whistle is blown, all of the children come back to the circle. The child holding the ball throws the ball to another child; the child who catches it states the letter and the activity, and all of the children do that activity; the children return to the circle when the whistle is blown. This activity continues until time is up, or each child gets a turn.

Closing activity: sing alphabet song (ABCDEFG...)

Variation: a) change the activities on the ball (i.e., throwing, skating)
b) create a beach ball with letters and pictures of animals; the children move around the room like that particular animal