

Toss & Move

Children's Activity

Overview

Children will explore different types of movement.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy
- #3 Lungs help us do well in school
- #4 We use lungs to do healthy activities

Supplies

Activity Cube (appendix A21)
Plenty of space to move around

Extensions/ Adaptations:

This activity could be done in the classroom or outdoors. The activity cube could be paired with dice to count how many of each movement children should do (ex: 3 jumps). The movement words can be used for vocabulary, letter recognition, and writing lessons.

Before You Begin

Prepare activity cube (appendix):

- Print template onto heavy paper.
- Cut along solid lines.
- Fold along dotted lines.
- Use tape to help keep the cube shape.

Steps

Pre-Activity Discussion: Ask children if they know ways that they can stay healthy (brush teeth, wash hands, eat healthy, etc). Remind children that lungs help us breathe and that it is important to keep our lungs healthy. One way we keep our lungs healthy is to play, dance, and move around everyday.

1. Show children the cube. Count aloud the number of sides and explain that it is a cube.
2. Have a child toss the cube.
3. All children will do the movement that is showing on the top of the cube. Remind them to be safe while moving around the space.
4. Continue until each child has had a turn throwing the cube.
5. After, ask children to observe their breathing - what do they notice (breathing heavier, faster)? Tell them that is good because it is bringing clean, healthy air into their bodies.
6. Ask children which movement they like the best and why.

Head Start Domains & Goals:

P-PMP 1, 2, 4, 6
P-MATH 1, 9, 10
P-SCI 1
P-LC 1, 2, 6
P-LIT 1, 3
P-SE 3, 4, 10, 11
P-ATL 2, 8, 10, 11, 13

HighScope Curriculum Content:

3, 4, 6, 8, 9, 16, 18, 20, 21, 32, 34, 35, 42, 43, 45, 51



Slither like a snake: Have children lay on their belly and put their hands to the side. Wiggling their hips and shoulders side to side, have them try to move across the floor.

Octopus Wiggles: Start in a seated position on the floor. Attempt to lift both legs off the ground at the same time while wiggling your legs and arms.

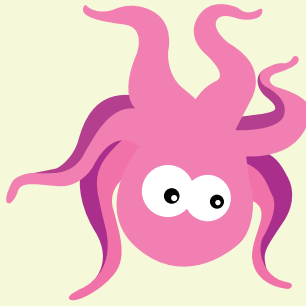
Crab Walk: Sit on the floor with knees bent, palms behind your hips, and feet flat on the floor. Lift bottom a couple inches off of the floor. Move right hand forward a few inches while straightening your left leg in front of you. Then, move your left hand a few inches while straightening right leg in front of you.

Frog Jumps: Squat down with both hands on the floor in between knees. Using feet, jump forward and land with your hands and feet on the ground.

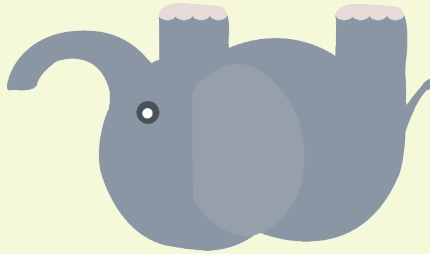
Elephant Stomp: Start standing. Bend over and put both hands on the ground. Walk forward with the same leg and arm moving together.

Fly Like a Bird: Start with straight arms out to the side and move them up and down like a bird's wings. While moving arms up and down, children should move their bodies up and down by bending and straightening their knees. They should be free to move around the space while doing this.

Wiggle like
an octopus



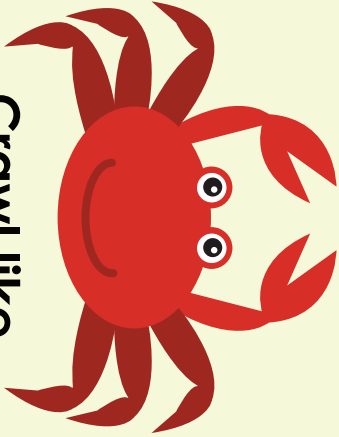
Stomp like
an elephant



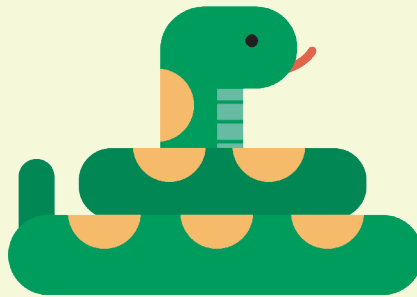
Fly like a bird



Crawl like
a crab



Slither like
a snake



Hop like
a frog

