



## LEAD.LEARN.PLAY.

### Jeep Safari: Physical Activity Lesson

#### Purpose:

Children will move around the jungle and practice balance, stability, and controlled body movements..

#### Objectives:

Development of movement skills using arms, legs, and trunk muscles:

- ✓ Locomotor skills (moving from one place to another)
- ✓ Object control skills (controlled movements with material)
- ✓ Stability movements (balance while changing body motion)
- ✓ Bilateral coordination (using both sides of the body in unison)

Children will also practice:

- ✓ Language development
- ✓ Social/Emotional skills including; social relationships, self-concept and self-efficacy, and self-regulation.
- ✓ Cardiovascular endurance
- ✓ Listening and verbal skills

#### Materials:

- Hula Hoops (5-6)
- *If You're Happy and You Know It Clap Your Hands: Jungle Edition* by James Warhola.

#### The Lesson Steps:

1. Start with lively drumming music.
2. When song is over transition to reading the book.
3. Read the book and have children perform the actions from the book and sing the song.
4. Describe a safari and show a photo.
5. Explain the rules of the game.

#### Game Instructions:

- Jeep Safari is similar to a game of outdoor musical chairs; you will need five-six "jeeps" (hula hoops). If less children, use less hula hoops.
- Set the "jeeps" (hula hoops) around the playground, and tell the children they're on a safari.
- To start the game have each child place one foot in a "jeep" (hula hoop). Several children can



share a “jeep” (hula hoop).

- When the music starts, encourage children to get out of their “jeep” (hula hoop) and pretend to be safari animals (leap like a zebra, or run like a lion, hop like a monkey, fly and swoop like a hawk, or stomp like an elephant).
- When the teacher calls out, “A lion’s on the loose!” the children run to a “jeep” (hula hoop) as quickly as possible. Children stand with one foot inside the hula hoop. Several children can share a “jeep” (hula hoop).
- During each round, the teacher takes away one “jeep” (hula hoop). You could count the “jeeps” (hula hoops) with the children after each round.
- The game continues until there are no “jeeps” (hula hoops) left. The children are now a group of animals (pack, herd, flock, pride). Encourage the children to walk around to high five each other.
- Have the children put their hand on their chest to feel their heart beating and to notice how fast they are breathing. This is healthy for the body and their heart is saying, “Thank you”.

### **Modifications:**

#### Easy:

- With younger children provide every child a “jeep” (hula hoop) and don’t take any away.

#### Intermediate:

- Change the animal that is on the loose and have children pretend they are that animal as they make their way back to their jeeps.
- Provide children the opportunity to lead the game by taking turns calling out, “An animal is on the loose!”
- Elephant Conga Line: Children walk like an elephant on all four legs, trying to keep their balance while lifting a front leg (arm) and a back leg (leg). Make a line of elephants and try walking in a circle as a group.
- Identify and classify types of African wild animals.

#### Extension Ideas:

- Make costumes and headbands such as lion ears or a tail.
- Find songs about different animals/safari (drum, culturally appropriate).
- Share the song *African Safari* and have children act it out.  
<http://www.songsforteaching.com/animalsongs/africansafari.htm>
- Look for other safari books including: *Bring the Rain to Kapiti Plain* by Verna Aardema, *Handa’s Surprise* by Eileen Browne, *We all Went on Safari* by Laurie Krebs.