



LEAD.LEARN.PLAY.

Romp & Stomp! Physical Activity Lesson

Purpose: Children will practice moving vigorously and dancing like animals. A variety of portable play equipment will be available in their outdoor environment to develop gross motor skills.

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 materials)
- Stability movements (balance while changing body motion)
- Bilateral coordination (using both sides of the body in unison)

Children will also practice:

- Language development
- Consciousness of self
- Social/Emotional skills such as fostering imagination, cooperative play, positive self-esteem, empowerment and leadership, building relationships with peers and teachers, and encouraging others
- Developing cardiovascular endurance
- Listening and following verbal directions

Materials: Animal Action cards, pool noodles cut in half, wrist rings, scarves, painters tape, music, and speaker

The Lesson Steps:

1. Introduce different animals (gorilla, deer, kangaroo, cheetah) with Animal Action cards.
2. Model how to move around the playground with a partner, while imitating different animals.





3. Rotate through the different animals using the pool noodles. Here are some examples:
4. Gorilla – Hang hands about 2 inches from the ground in a hunched over position. Partners grab the noodle with both hands and swing back and forth as they walk.
5. Deer - Hold hands above head with the noodle and prance around like deer in a meadow.
6. Kangaroo - Partners share the same noodle and hop around the playground together.
7. Cheetah – Hold the noodle at waist level and run.

Freeze Dance: Introduce and model the different flying animals (bald eagle, hummingbird, and butterfly) with Animal Action cards.

- Pass out the wrist rings and scarves.
- Using the wrist rings and scarves, have children fly around the playground moving like the different flying animals as the music plays.
- When the music stops, freeze and switch materials with a friend.

Modifications:

Easy: Have a child stop the music and call out a different animal to the class.

Harder: Use the animal track cards (located in the kit with the action cards) to show the children how to change their animal movements. Show the cards as a cue without using your voice. Have the children identify which track goes with each animal.

Variety:

1. Show different modes of transportation with picture cards (helicopter, airplane, boat, truck, bus, train).
2. Use the Animal Action cards and do yoga in the classroom.