



## Let's Drive! : Physical Activity Lesson

### Purpose:

Develop a foundation of fundamental and specialized movement skills so that children can participate in a lifetime of sport and recreational activities with enjoyment. Children will learn cognitive concepts while they have fun playing physical activities and increasing vigorous movement.

### Objectives:

Development of 'Movement Skills' using arms, legs, and trunk muscles:

- ✓ Locomotor skills (moving from 1 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)

Students 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
- ✓ Develop cardiovascular endurance
- ✓ Listening and following verbal directions

### Materials:

- Music and player
- Hula Hoops (one per student)
- Cones (if needed)





## The Lesson Steps:

1. Give game instructions. Have teachers model the game moving safely within the playing area that you designate. (Preferably grass)
2. Use variations and music to change up the game in creative ways.

## Game Instructions:

Decide where the road will be on the playground. Children will move in a large circle to play. Inspect the playground for any stray toys that need to be cleaned up and out of the path of children running with the hula hoops.

Each child, standing up, holds the hoop around their body. Using their imagination, the hoop is the outside of a car, and they are the drivers. While driving down the road, the children will hear a command and are to do a corresponding movement. Teach 3 commands to begin, and gradually add a few more to make it more interesting.

Here are some ideas:

- Green Light = GO (walk and turn hoop like driving)
- Yellow Light = MOVE SLOWLY (getting ready to stop)
- Red Light = STOP (freeze in place as if at a stop light or stop sign)
- School Zone = SKIP
- Highway = RUN
- Uphill = MARCH
- Flat Tire = HOP
- Tunnel = DUCK DOWN (bend knees and lower level of body)
- Pot Hole = LEAP
- Honk-Honk-- Police siren! = MOVE TO THE SIDE AND STOP (emergency vehicle coming)
- Raining = Drop hoop and SWOOSH arms back and forth to clear rain
- Wind = While driving SWERVE a bit in a zig zag

Ask children to feel their heart beating and fast breaths. This is healthy for the body and their heart is saying, “thank you”.



## Modifications:

### Easy:

- With younger children use only 3-4 commands/movements

### Harder:

- Vary the length of time between commands
- Try to trick the children by repeating commands twice in a row
- Have a child call out the commands
- Have children come up with new commands and movement combinations

### Variety:

- Play the song *Little Douce Coupe* by the Beach Boys or *On the Road Again* by Willie Nelson
  - When the music starts the children drive around the open space on the playground.
  - When the music stops, the children stop and drop the hoop to the ground as if they've reached a stop light.

When the music begins again, bend down to pick up the hoops and continue to drive.