



Pond Habitat: Physical Activity Lesson

Purpose

The purpose of the Pond Habitat lesson is for children to demonstrate mastery of fundamental skills for a lifetime of sport and recreational activities. Children will learn cognitive concepts and will enjoy playing the game. Through participating in the lesson, children will increase their physical activity levels.

Objectives

By participating in this activity, children will develop and acquire:

- Skills associated with body movement, object control, and balance
- Skills associated with language development, math concepts, science concepts, vocabulary development, consciousness of self, and social/emotional development
 - Including, but not limited to, imagination play, cooperative play, self-esteem development, leadership development, relationship building (with peers and teachers), and team building.
- Knowledge associated with life, ecology, and the relationship between organisms and their environment
- Knowledge associated with science and discovery

Materials:

- Picture of pond with plant and animal life
- Pictures of child/animal practicing movements
- Hula Hoops of various sizes
- Full size and half size foam pool noodles
- Bean bags
- Painter's tape or Cones
- Green paper plates
- Stuffed animals and puppets related to habitat
- Strips of fabric (for imaginative purposes)
 - Example: snake, tree branch, etc.



Lesson Steps:

1. Introduce yourself
2. Explain the purpose of the activity
3. Introduce the idea of a habit
4. Show action cards related to animal movements
5. Allow children to practice making the movements shown on the animal cards. Once mastered, play music.
6. Construct a habitat with the children (using imagination play with materials)
7. Model the game

Game Instructions:

- Before the game
 - Clearly explain the instructions of the game
 - Inform children that everyone will have a turn making animal movements and participating in the habitat
 - Pay attention to which children are actively playing; all children should be engaged in the activity
- During the game
 - Phase 1: Habitat Discussion, Animal Movements, & Music and movement
 - Show action cards related to animal movements and have children practice making the movements with their body. Clearly demonstrate the animal movement you want them to master.
 - After practicing, have the children pretend being all 3 during a group song
 - Add music for additional practice
 - When music starts, the activity begins
 - When music ends, the activity ends
 - Phase 2: Habitat Activity
 - After the music portion, ask the class to sit around one hula hoop (pretending it's a pond) and pull out a bucket of materials. Refer to the pond, referencing the plant life, animal life, etc.
 - Ask questions like: Do animals breathe air? Do they live on land or in the water? Do fish breathe air or water? What kind of animal is a frog?
 - Set up a habitat using the materials provide
 - Ideas: Bean bags could function as stones, pool noodles



could be pretend logs, hula hoops could be fake ponds for students to jump in and out of with their puppets, and green paper plates could act as pretend lily pads

- Model how to move through the pond
- Allow the children to participate in the habitat
- After the game
 - Ask children to feel their heart and to think about their breathing
 - Explain the importance of being physically active
 - Ask: Do we want our hearts to be fast or slow? Is breathing heavily good or bad?
 - Show additional materials and let children create and play!