



Activities For All

Bumble Bee Bop



Get Ready:

You need a wide open space, either indoors or outside, to play.

Materials: You will need to make 5 to 10 cones or flowers out of construction paper or poster board (depending on the size of your group).

Get Set:

Spread the cones/flowers throughout the play space and start with everyone standing at one end of the play space.

Go:

- Once everyone is standing together at the end of the play space, explain that they are all hungry bees looking for food. They must find flowers to find food.
- Participants fly (**run, with arms stretched out**) around the play space from flower to flower, saying, **Buzzzzzzzzzzzz!**
- Once they reach a flower, they have to **stop, touch it, and pretend to eat** before flying off to find more flowers.
- Encourage the bees to fly at varying heights (low, medium, high), speeds (slow, fast) and pathways (straight, zigzag, curved).

Extend:

- Play a round as butterflies! Children flap their arms (wings) as they fly from flower to flower.
- Spread the flowers farther afield to increase the distance and amount of physical activity.
- Place small items by the flowers (cotton balls or small rocks). Give each child a bag or small basket to carry. Have the children collect an item from each flower they visit. At the end of the activity, have them count the number of food items (pollen) they collected.
- Join the activity! Be a bug catcher — use a hula hoop to capture bees/butterflies. If you capture a bee/butterfly, simply say **“Gotcha!”** and encourage them to return to play.



Stepping Stones

MOVE
PLAY &
LEARN

Age Three to five

Materials A bunch of wash cloths, hand towels, or larger towels. Newspaper can also be used if towels are not available.

Setting An open space (inside or outside)

8 YgV7dhjcb Spread the towels or newspaper out all over the space. Make sure they are close enough together so the children can move on and off of them without having to touch the floor. Start out by standing on a “stone”. Try to move across the space without ever touching the floor. A variation is to use a small ball or rolled up sock and toss it so it lands on a towel, then try to move from your towel to that towel using two different routes. Children can pretend the floor/ground is a river or hot lava.

Learning Outcomes

Gross Motor Skills Develops motor control and balance for a range of physical activities, such as walking, propelling a wheelchair or mobility device, skipping, running, climbing, and hopping.

Health Knowledge & Practice Understands movement concepts, such as control of the body, how the body moves (such as an awareness of space and directionality), and that the body can move independently or in coordination with other objects. Participates in structured and unstructured physical activities.

Geometry & Spatial Sense Understands directionality, order, and position of objects, such as up, down, in front, and behind.

Symbolic Representation Engages in pretend play and acts out roles.

Initiative and Curiosity Demonstrates flexibility, imagination, and inventiveness in approaching tasks and activities.

PRESCHOOL



Growing Gates & Growing Puddles

**MOVE
PLAY &
LEARN**

Age Three to five

Materials Something that can be held to jump, hop, or leap over, such as a broom

Setting An open space (inside or outside in a grassy area)

Description Begin with one person putting the prop on the floor and the other person jumping over it. Practice taking off and landing on two feet without a running approach. If the child is successful in getting over it, the partner holds the prop slightly off the ground, making the barrier just a little bit higher. The child jumps again, and if successful the partner raises the prop just a little bit higher. Continue, increasing the height of the bar slightly each time. When the jumper gets tired or needs a break, the two players trade jobs.

Variations:

- Let the jumper take a running approach.
- Take off from one foot and land on the other, leaping over the bar.
- Wiggle the bar a little bit to create a moving target.
- If you have enough people and enough bars, put a few in a row so the jumper has to jump over a few in succession.
- To play Growing Puddles, use two items, starting with them side by side. With each jump over the puddle, move the items farther apart. This game should not be played with hard items but and is best played with wrapping paper rolls.

Learning Outcomes

Gross Motor Skills

- Develops motor control and balance for a range of physical activities, such as walking, propelling a wheelchair or mobility device, skipping, running, climbing, and hopping.
- Understands movement concepts, such as control of the body, how the body moves (such as an awareness of space and directionality), and that the body can move independently or in coordination with other objects.

Health Status and Practices

- Progresses in physical growth, strength, stamina, and flexibility.
- Participates actively in games, outdoor play, and other forms of exercise that enhance physical fitness.

PRESCHOOL



Aviator

MOVE
PLAY &
LEARN

Age	Three to five
Materials	No materials
Setting	This activity is best played in a long space or in a hallway.
Description	Begin by starting your engine. Do this by raising and lowering your body up and down while making engine sounds. Repeat this motion three to four times. When your engine is started, stand up and pretend to fly to the other end of the space/hallway. When you arrive at the other end, lower your body back down into the starting position. Repeat. Change the way you move each time (i.e., running, galloping, skipping).

Learning Outcomes

<i>Gross Motor Skills</i>	<p>Develops motor control and balance for a range of physical activities such as walking, propelling a wheelchair or mobility device, skipping, running, climbing, and hopping.</p> <p>Understands movement concepts, such as control of the body, how the body moves (such as an awareness of space and directionality), and that the body can move independently or in coordination with other objects.</p>
<i>Fine Motor Skills</i>	Develops hand strength and dexterity.
<i>Health Status and Practices</i>	<p>Progresses in physical growth, strength, stamina, and flexibility.</p> <p>Participates actively in games, outdoor play, and other forms of exercise that enhance physical fitness.</p>
<i>Symbolic Representation</i>	Engages in pretend play and acts out roles.
<i>Initiative and Curiosity</i>	Demonstrates flexibility, imagination, and inventiveness in approaching tasks and activities.

PRESCHOOL

Leaping Lillypads



HS Outcomes Addressed:

Mathematics, Number & Operations

- Develops increasing ability to count in sequences to 10 and beyond (counting).

Scientific Knowledge

- Expands knowledge of and abilities to observe, describe, and discuss the natural world, materials, living things, and natural processes (frogs, homes).

Gross Motor Skills

- Shows increasing levels of proficiency, control, and balance in walking, climbing, running, jumping, skipping, marching, and galloping.

Health Status and Practices

- Progresses in physical growth, strength, stamina, and flexibility.
- Participates actively in games, outdoor play, and other forms of exercise that enhance physical fitness.

Other Skills Developed:

- Develops **Action Awareness** by using **traveling actions** such as hopping and jumping.
- Develops **Space Awareness** by negotiating shared space and learns relational awareness such as near to, far from, and in-out.

Get Ready:

You need a wide open space, either indoors or outside, to play.

Materials: 5 to 10 hula hoops, depending on the size of group

Get Set:

Spread the hula hoops out throughout the play space and start with everyone standing at one end of the play space.

Go:

- Once everyone is standing together at the end of the play space, explain that they are all frogs looking for a home — and that the play space in front of them is a beautiful pond.
- Participants **jump** from the starting point to a lillypad of their choosing.
- Once they reach a lillypad, they have to **jump** up and down on the lillypad five times to make it their home. (You can have 2-3 frogs per lillypad, as needed.)
- Have them count out loud as they **jump**.
- Continue to play rounds until you reach **10 jumps**.
- Congratulate the frogs on finding beautiful homes!

Extend:

- Hop to increase the challenge. Then try hopping on the non-dominant foot to further increase the difficulty.
- Spread the hula hoops further afield to increase the distance and amount of physical activity.
- Add flat pool noodles or other low obstacles for frogs to hop over.
- As their skills progress, have children crouch and jump like frogs.
- Join the activity! Be a hungry bird that flies around the pond, trying to capture frogs. If you capture a frog simply say, **“Gotcha!”** and encourage them to return to play.