

Activities For All

Bumble Bee Bop





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.

Ge:

- 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, Buzzzzzzzzzz!
- 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 the 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.



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Stepping Stones



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Growing Gates & Growing Puddles



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 per- son 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 b	oar.
	• Wiggle the bar a little bit to create a moving target.	
	 If you have enough people and enough bars, put a few in a ro the jumper has to jump over a few in succession. 	w so
	 To play <u>Growing Puddles</u>, use two items, starting with them sides side. With each jump over the puddle, move the items farther This game should not be played with hard items but and is best played with wrapping paper rolls. 	
Learning	Outcomes	
C	• Develops motor control and balance for a range of physical activities, such as walking, propelling a wheelchair or mobility device, ping, running, climbing, and hopping.	
	 Understands movement concepts, such as control of the body, here body moves (such as an awareness of space and directionality and that the body can move independently or in coordination we other objects. 	ty),
Health Sta	tus 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.	

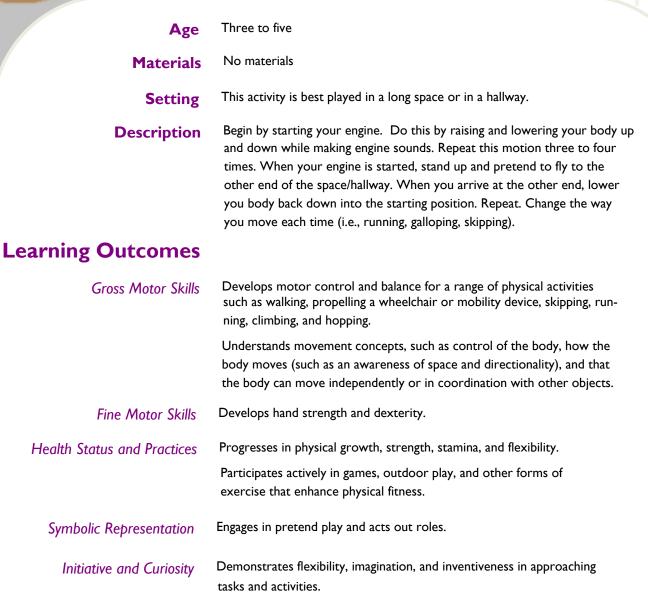
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Leaping Lillypads

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.



