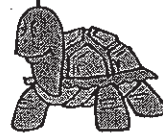




TOPIC:
 GRADE LEVEL:
 TIME:

P.E.
 K - 1
 30 - 40 min.

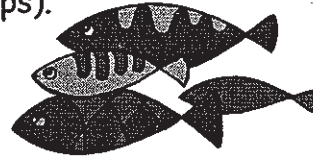
EXERCISE



OBJECTIVE: The student will develop creative physical exercises.

MATERIALS NEEDED:

1. The list of categories (see end of Procedural steps).
2. Music. (Optional)



PROCEDURE:

1. To keep students in a group, instruct them that they are going to create their own exercises. For example, ask for volunteers to show different ways a turtle might race, or a horse might race, or a horse might buck, etc.
2. Have the whole class do it.
3. Explain that the class will do a series of movements to music beginning with the turtle race.
4. Using a large open area, have the students spread out for exercise.
5. Turn on the music, then call out categories. Watch for students that are exceptionally good or original.
6. When the music stops, have those you have picked come up to show the exercise they did well. (You might have to go around and touch them as the activity is going on.)
7. If time allows, have the students choose another activity from the following categories:



Giants stomping
 Butterflies flying
 Bunnies hopping
 Balls rolling
 Turtles walking
 Monkeys swinging



Worms crawling
 Horses galloping
 Children skipping
 Fish swimming
 Peacocks strutting
 Bees buzzing