

Body Movement

Movement activities help children with body management and locomotor movement.

Children will be able to:

- Stretch, strut, waddle, prance, and stroll
- Repeat step patterns
- Balance on one, two, three or more body parts
- Travel forward and sideways while changing direction
- Create shapes at high, medium, and low levels

Supports child growth in Kindergarten Standards

Physical Education

Movement Concepts:

- 1.2 Travel forward and sideways while changing direction quickly in response to a signal.
- 1.4 Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations.

Locomotor Movement:

- 1.10 Travel in straight, curved, and zigzag pathways.

Science

Life Science:

- 2a. Students know how to observe and describe similarities and differences in the appearance and behavior of plants and animals.



WILLIAM M. HABERMEHL
County Superintendent of Schools



Body Movement Activities

CM School Supply

Materials	Item Number	Page Number
Body Poetry: Animal Action Cards	271-010	51
Body Poetry: Yoga Cards	271-011	51
Adventures in Rhythm, CD	410-407	204
Portable CD Player/Cassette Boom Box	435-505	206

Activities:

Animal Imitation

Material set up: Yoga and Animal Action Cards

Movement Concepts & Body Management:

- Stretch, strut, waddle, prance, and/or stroll to imitate the animal or object shown on the activity card.
- Students balance on different parts of their body as they become airplanes, trees, and kangaroos.

Dance, Dance, Dance

Material set up: CD player, Adventures in Rhythm, CD

Locomotor Movement:

- Students form a conga line and repeat step patterns at a variety of skill levels.

Extension Activities:

- Transition using one activity card inside the classroom.
- Share science animal facts that accompany the exercise cards.

Notes

For more information, contact Dave Scahill.
714-270-3105 dscahill@cmschoolsupply.com
www.cmschoolsupply.com