

ECE 211 Dance/Creative Movement Activity Planning

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ECE 211

Your theme and sub-theme:

Wiggle time, and Beach ball relay

Describe your activity:

***Stand up and stretch.**

***Open your arms as wide as you can**

***Now lets take the right arm and stretch all the way up to the sky, then let's switch to the other arm.**

***Lets take our right hand and touch the left foot, then the left hand and touch the right foot.**

***Now touch your nose with both hands**

***Now drop your arms**

*** Now i want everyone to wiggle your entire body.**

(clapping because we had fun warming up)

Activity

We are going to continue working every part of our body with a fun game, It's called a beach ball relay. I am going to give instructions to you, but first I'm going to group you guys. I want 7 of you over here and the other 7 over there.

Now you see these beach balls on the floor. What I want you to do is pick up the beach ball hop to the other side, then I want you to come back and pass it too your next friend in line. Now I want each of you to cheer on your friends until everyone has a chance. Now this is not a competition, this is us having fun and working out our body, because we need to exercise because it is good for our bodies.

What materials will you need for this activity? Provide a detailed list. Remember the materials you will need to introduce the activity (e.g., book) and everything you will need to implement the learning activity, including set-up and clean-up.

Books

Move your body: My exercise tips

: Get up and Go

4 smalls cones (For point A and B)

2 Beach balls
Pump (To blow up beach balls)
Whistle

Describe how you will introduce the activity and what the children will do. Describe the experience step by step.

Now class remember what we read earlier in class about eating healthy and having healthy bodies? Well today we are going to stretch and play a game. Why do we have to stretch? That's right to loosen up our muscles. Why do we have to exercise? Wow! you guys are so smart. Yes! We have to exercise to have healthy bodies.

first lets stretch

Now the relay instructions

Red Team over here The blue team over there.

There is a beach ball in front of you

Pick it up, hop to the other side then hop back and pass it to your friend, and continue until all our friends on your team have a turn.

listen carefully, make sure you pass the cone first before you come back to pass it to your friend. Okay so lets get ready to take care of these bodies and lets have fun.

What will children learn from your activity? Explain how it supports each of the developmental domains. Be specific. (i.e. fine motor skills through cutting, social and emotional learning, knowledge about particular topics)

*The children would learn how to listen to instructions

*They would learn the importance of exercising and what it does to the body

* They would be using their fine motor skills

* They would learn how to work with their friends

*They would understand

*They would also be building character