# **ECE 211 Dance/Creative Movement Activity Planning**

## Jonette Julien

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.

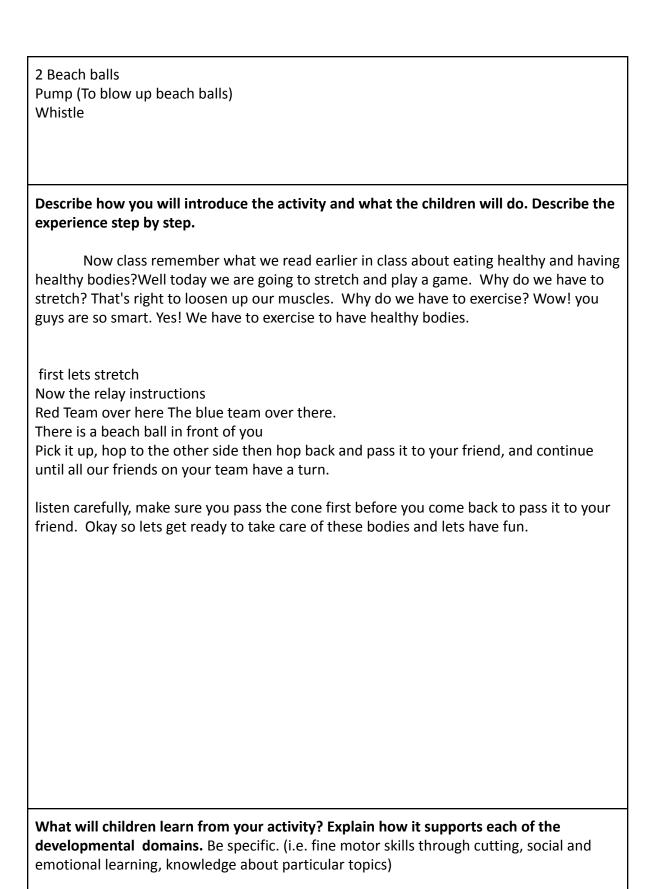
What materials will you need for this activity? Provide a detailed list. Remember the materials you will need to introduce the activity (e.g., book) and everything you will need to implement the learning activity, including set-up and clean-up.

#### **Books**

Move your body: My exercise tips

: Get up and Go

4 smalls cones (For point A and B)



\*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