PLAY. PISE

Running
Ages 18 months-2 years

● **You'll need:** music, hoops, balls or bean bags ● **You can play:** outside, in the gym, blacktop, field

Warm Up
Can You?

The leader stands in front of participants and asks "Can you..." Spin in a circle, jump to the sky, jog on the spot, make a star with your body etc and the participants will show you what they can do!

▲ Make the movements more challenging like run to the wall, jump 3 times etc

▼ Make the movements simple like touch your toes, reach up high etc.

Game 2
Musical Line Statues

Children find a spot on any line on the gym floor. Allow a reasonable amount of time and then instruct them to "freeze." Start the music. The children walk forward, following lines on the floor. Stop the music. The children freeze like statues. Comment on the "great statues" as they freeze without moving. As the activity continues, challenge students to travel on the lines using different locomotor skills.

▲ Stop the music more frequently to make it more challenging

▼ Use both visual and auditory cues each time you stop the music

Game 3
Keep the Bucket Full

Leader has a large number of small balls in a container. He/she throws them all over the place as fast as possible. Participants run for them and replace them in the container trying to prevent the leader from ending up with an empty container. TIP: never let your bucket get empty – the kids should win!

▲ When emptying the bucket, leaders can throw objects further away

▼ Leader works slowly to empty the bucket to allow participants time to collect the items

Game 4
Get on an Island

Children begin moving around the playing area (aka "ocean") in different ways. Example: sea horse, jellyfish, dolphin, shark, fast minnow, swimmer, etc. When the leader yells "get on an island" children must run to a hoop, or skipping rope in circular formation, and stand in it until the leader says "go" again

▲ Use less hoops so that everyone can practice sharing hoops/space

▼ Verbally and visually cue each time the animal changes so children can copy