

More Physical Activity Fun!

1.) Occupational Charades (Small Space Activity)

Equipment:

Cut out pictures of people in various occupations from magazines, newspapers, clip art, or the internet. Glue pictures on index cards.

Activity: One child picks a card from the deck and acts out the occupation. All of the other children try to guess the occupation. When the correct occupation is guessed, all children join in act out the occupation. Repeat letting the child who guessed the occupation first, act out a new occupation.

2.) Pantomimes (Small Space Activity)

Equipment: None

Activity: Children take turns acting out a physical activity and the other children guess the activity. Encourage the children to use different body parts in different actions. Example: “Who can act out an activity that uses our arms?”

Variation: The teacher leads and the children copy (they can copy and guess what the teacher is doing). The teacher should focus on large movements.

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3.) Musical Cars (Large Space Activity)

Equipment: One box for each child except one and appropriate start stop music. Beforehand, children may decorate boxes to look like cars.

Activity: This activity is played similar to the old familiar game *musical chairs*. However, instead of using chairs, boxes are placed in the center of the circle as the children's vehicles. Children are instructed to move around boxes as the music plays and when the music stops, children are asked to get into the box. The child left without a box may join the "peanut gallery" sitting on the side and cheering for the other children or moving on to the next activity. Start the music and watch the game begin!

Variation 1: If the children are having difficulty playing the games as a group, half the group may be designated as the "peanut gallery" clapping and cheering for the half that are participating. When all but the last box are removed, the second half of the children go out to play, while the first half join the "peanut gallery".

Variation 2: One large open box per child decorated with a theme. The game is played like musical chairs but no one is eliminated. The children move with whatever movement (crawling, hopping, galloping, etc.) is designated and when the music stops, each child must crawl into a box.