OPEN Online Physical Education Network
ABC's of Movement

EARLY **CHILDHOOD**

OBSTACLE COURSE

EC MC
MOVEMENT CONCEPTS

LEARNING TARGETS

- ✓ I will follow all physical activity rules.
- ✓ I will move safely with control.
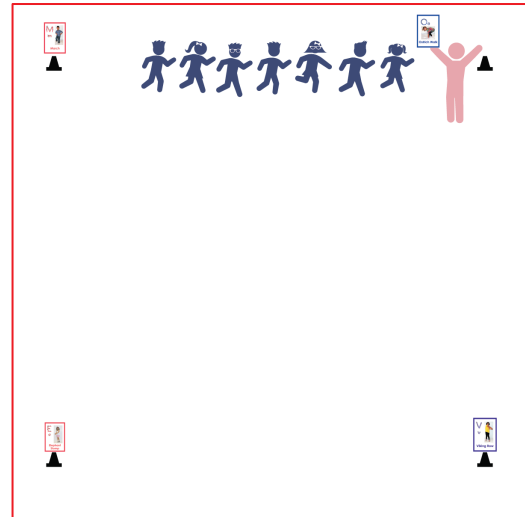- ✓ I will name the letters on each ABC's of Movement Card.

ACTIVITY SET-UP & PROCEDURE

Things You Need:
- ✓ ABC's of Movement Cards: M, O, V, E
- ✓ 4 cones
- ✓ Music (optional)

Set-Up:
1. Place 1 movement card and 1 cone in each corner of the activity area.
2. Arrange students in a single-file line behind the teacher.

Activity Procedures:
1. During this fun obstacle course, students will follow the teacher from movement card to movement card (cone to cone), demonstrating each movement from one cone to the next.
2. The teacher leads students in a single-file line to the first cone. Ask students the name of the letter, and then announce the corresponding movement to be performed on the way to the second cone. For example, for the letter M, students will march to the next cone.
3. At the second cone, ask students the name of the letter, and then announce the corresponding movement to be performed on the way to the third cone. For example, for the letter O, students will perform an Ostrich Walk to the next cone.
4. Continue in this way from cone to cone. After you've completed 1 trip around the obstacle course, play fun music to increase the energy and pace.
5. Continue this process for the duration of this activity session, or until you're ready to start a new activity.

Universal Design Modifications:
- Look through all of the ABC's of Movement Cards and choose the cards that meet the needs and abilities of your students.
- Provide visual demonstrations of all movement skills with verbal cues to match and describe movements.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor:** Child demonstrates control, strength, and coordination of large muscles.
- ✓ **Perceptual Development:** Child uses perceptual information in directing own actions. Moves body in relation to objects and other people.
- ✓ **Emergent Literacy:** Child points to and names letters.