![OPEN - Online Physical Education Network]
ABC's of Movement

EARLY **CHILDHOOD**

SILLY SHOPPING

EC F
HEALTH & NUTRITION

LEARNING TARGETS

✓ I will control my body and the bean bag while playing safely with my friends.
✓ I will identify healthy foods that I like to eat and are good for my body.
✓ I will have fun and enjoy moving safely with my friends.

ACTIVITY SET-UP & PROCEDURE

Things You Need:
✓ ABC's of Movement Cards: G, I, U, Z
✓ 1 spot marker per student
✓ Colored bean bags—as many as possible
✓ 2–6 colored hoops
✓ 2–6 Healthy Food Signs

Set-Up:
1. Use spot markers to create a large circle in the activity area. Scatter bean bags in the center of the circle.
2. Place hoops with healthy food signs just outside the perimeter of the circle.
3. Students begin standing in a circle, each student on a spot.

Activity Procedures:
1. The object of this activity is for students to move safely to collect a bean bag and then categorize the bean bag based on color.
2. The teacher displays a letter card and demonstrates the corresponding movement. This is the movement students will use when collecting bean bags.
3. On the signal, students move throughout the activity area and "shop" for a healthy food (bean bag).
4. When a bean bag is collected, the student will then move to the hoop that matches the color of the bean bag, call the name of a food in that color category, and then return to their home spot.
5. Repeat until all of the bean bags have been collected.

Universal Design Modifications:
• Focus this activity on sorting by color, removing the nutrition component until students understand the activity format.
• Use a variety of objects to help students hold and control each item while they move throughout the activity area.

DEVELOPMENTAL INDICATORS

✓ **Gross Motor:** Child demonstrates control, strength, and coordination of large muscles.
✓ **Health, Safety, and Nutrition:** Child identifies a variety of healthy foods.
✓ **Relationships with Others:** Child demonstrates enjoyment of play, such as through verbal exchanges, smiles, and laughter.