

TRAINS

LEARNING TARGETS

- ✓ I will remain in my own space while holding the rope.
- ✓ I will demonstrate control while performing locomotor skills and holding the rope.

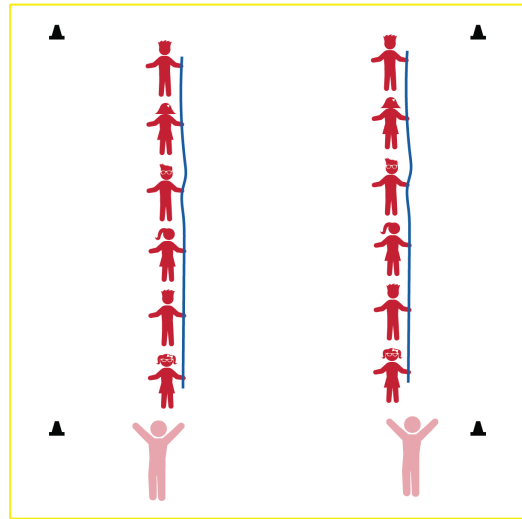
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 rope for each student
- ✓ Cones to create boundaries

Set-Up:

1. Tie all the ropes together to create 1 long rope. (If there is more than 1 teacher, create 1 long rope per teacher.)
2. Students hold the rope, spread apart at a safe distance from one another.



Activity Procedures:

1. The objective of this activity is to practice different locomotor skills while having fun.
2. We're going to play a game called *Trains*. Before we start, look around and take note of your personal space.
3. When I say, "GO," we are going to begin walking all together to move our train around the activity area. Then I will call out different locomotor skills (e.g., walk, skip, gallop, slide) to tell you how we are going to move our train next. Teachers, switch locomotor skills often.
4. Have different students act as the train conductor at the front of the line. The conductor and the teacher can decide together on the different movement skills and movement concepts to safely use around the space.

Universal Design Modifications:

- Create a circle with the rope so you can see all students as they walk around in the circle.
- Have smaller groups of students move around the gymnasium as the teacher calls out the skills. This would require more independent leadership.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Health, Safety, and Nutrition:** Demonstrates knowledge of personal safety practices and routines.
- ✓ **Geometry and Spatial Sense:** Explores the positions of objects in space.