

A Hop, Skip and a Jump!

Activities for Teaching Spatial Awareness, Body Coordination,
and Locomotive Movements

SPACE **GOLDBLOCKS AND THE THREE BEARS** **(MUSIC OPTION: BEAR NECESSITIES)**

Remind the students of the story of *Goldilocks and the Three Bears*. Begin the story by setting the scene with “my” space, “our” space, and “empty” space. Have them then dance each encounter with an object. 1st object is the bowl of porridge (too big, too small, medium = just right). Then the 2nd object is the chair (too tall, too short, average = just right). March up the stairs to the bed (too high, too low, middle = just right). Repeat as the bears encounter each object. In the beds have them look over the bed and under the bed and all around the bed. Feel free to add different movement concepts to each term such as jumping, crouching, and spinning. Utilize words such as “next to” or “beside” to aid in cognitive development of spatial awareness.

MAJOR CONCEPTS

MY SPACE – OUR SPACE – EMPTY SPACE

Papa Bear	Big	Tall	High	Over
Mama Bear	Medium	Average	Middle	Around
Baby Bear	Small	Short	Low	Under

*Developed by Michelle Summers
Gluck Fellow Fall 2013*

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BODY **THE SKELETON DANCE** **(MUSIC OPTION: DEM BONES)**

Help students learn to isolate individual body parts and learn how they connect. Have them explore and name different body parts they already know, and then see how many methods they can develop for moving them (bend, straighten, shake, twist, side to side, up and down, etc.) For a variation, you can have them glue their hands to the ground and then wiggle different body parts. Have them dance like a skeleton, bending at multiple joints. Then play the skeleton dance where they move each successive body part below.

MAJOR CONCEPTS

Toes	Feet	Ankles	Legs
Knees	Thighs	Hips	Back
Neck	Head	Fingers	Hand
	Arm	Shoulders	

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LOCOMOTION A DAY AT THE BEACH (MUSIC OPTION: WIPEOUT)

Students begin by walking to the beach and testing out the water with their toes. They jump into the water to get wet, and swim out into the ocean. They practice leaping over waves, and then swim down to the bottom of the ocean to see what creatures they can find. They dance a jellyfish that hops from tentacle to tentacle, a seahorse that gallops, a starfish that opens and closes, and a crab that slides along the bottom of the ocean floor. Then they float about the ocean like seaweed. Finally, they swim to the top and exit the water in order to skip along the beach on their way home.

MAJOR CONCEPTS

Locomotor	Walk	Jump	Hop
Slide	Skip	Gallop	Leap

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