

# Nursery Rhyme Circuit

## Activity

**Resource:** Early Learning Resource

**Grade(s):** Early Learning

## Curriculum Expectations

7.1, 8.1, 8.2, 8.3

See the *Kindergarten Program 2016* for details on the specific expectations.

## Activity Learning Goals

By the end of the activity children will be able to:

- participate actively in creative movement activities
- demonstrate spatial awareness
- demonstrate control of large muscles with and without equipment
- demonstrate balance, whole-body coordination, and flexibility in movement

## Equipment

- 4 beanbags
- 2 mats
- 2 benches
- 4-5 stars taped to wall at various heights

- 5 hoops
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity making sure there is a safe distance between the activity area and the walls. Remind children to be cautious when moving, and to be aware of personal space.

## Assessment Opportunity

EL-K Team observation of children's demonstrated application of creative movement, active participation, spatial awareness and large muscle control can be recorded on the Anecdotal Recording Chart.

## Nursery Rhyme Creative Play

- Read rhymes to children and then ask them how they would move as the person in the rhyme did.
- Provide props that might encourage children to act out the rhymes.

## Nursery Rhyme Circuit

Set up the equipment for the 4 nursery rhyme activity stations. Children work in groups of four or five and move around exploring the stations in the circuit, doing the various activities. Children rotate on signal to complete all four nursery rhyme stations:

- **Jack Be Nimble:** Children jump horizontally over the candlesticks (4 small beanbags).
- **Humpty Dumpty:** Children climb up on a bench (placed against a wall), jump vertically off, and land on a gymnasium mat.
- **Wee Willie Winkie:** Children walk up and down stairs or step up and down on a bench (placed against a wall).
- **Twinkle, Twinkle Little Star:** Children jump vertically up and touch stars taped to the wall.

## Notes to EL-K Team

- Consider having children create the stations by identifying actions for nursery rhymes read in class.
- Reinforce safety rules such as: move in control when jumping and landing, and stop and go signals when rotating stations.
- Review jumping technique tips: legs bend and extend, arms swing up, push off the balls of feet of both legs at the same time.
- Horizontal – Land with both feet at the same time, on your heels, soft and quiet.
- Vertical – Land with both feet at the same time on your toes, soft and quiet.
- Modify circuit activities based on familiar nursery rhymes, equipment and facilities available.

## Connection Questions to Expand and Enhance Play

- What do you need to think about when you are moving on and off a bench?
- Why is it important to jump and land safely?
- How else can you jump over the beanbag?