

Underwater Moves

Activity

Resource: Early Learning Resource

Grade(s): Early Learning

Curriculum Expectations

7.1, 8.1, 8.2

Refer to 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 without equipment

Equipment

- Music
- Audio equipment
- [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 furniture/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 active participation, spatial awareness and muscle control can be recorded on the Anecdotal Recording Chart.

Underwater Moves

- Children lie down and relax as they listen to soft music that would give the feeling of being underwater. Children listen to feel the soft, light quality of the music, slowly raising different body parts and letting them drift gently back to the floor. Ask them: "What might you see underwater? What would you feel?"
- Children then pretend to listen for the bubble rising up to the surface of the water and make their hands follow the bubbles. Children pretend their hands are fish and make the fish swim. Ask them: "How do the fish move?" Next, children glide smoothly, quietly around the room, following hands, as the fish swim. Children move as if they were in an aquarium. Ask children what they will be in the aquarium. Encourage children to move in their own space and explore different ways of moving.
- Children work in groups of three or four to create an underwater world. Children watch other groups, looking into different aquariums.

Notes to EL-K Team

- Use any music that children can listen to and respond by actions.
- For variety, use a tambourine, instrumental music, a drum and shakers if available.
- Provide equipment (pool noodles, scarves, ribbon) if available to add variety to the movement exploration.
- Reinforce stopping immediately when the music stops.

- Remind children to move carefully without bumping into each other thereby reinforcing the concept of spatial awareness.

Connection Questions to Expand and Enhance Play

- What can you do to make sure you don't bump into anyone while travelling?
- How does the sound of the music change the types of movements you perform?
- How many different ways can you travel in the 'aquarium'?