

# Travelling On The Spot

## 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
- demonstrate spatial awareness using large muscles
- demonstrate control of large muscles.

## Equipment

- Skipping ropes (one per child)
- 1 long rope
- A grab bag filled with a variety of items (e.g., balloon, toy truck, any stuffed animal, spinning top, yo-yo, spring, paper airplane)
- [Early Learning Anecdotal Recording Chart](#)

## Safety

Inspect activity area for safe traction and eliminate potential hazards. Clearly outline the boundaries for the activity. 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 use and control of large muscles and spatial awareness while moving creatively can be recorded on the Anecdotal Recording Chart.

## Wiggle Worm

Two children hold the ends of a long rope and wiggle it gently back and forth. The other children take turns exploring ways of jumping over the Wiggle Worm rope, trying not to let the rope touch their feet.

## Jump the Brook

Place several skipping ropes in pairs around the gymnasium, varying the distance the ropes lie apart. The children travel around the gymnasium, in different ways, jumping over ropes (brooks) when they come to them. Children can choose to jump over brooks at narrow parts or at wider parts. Encourage children to use a variety of ways to jump over the brooks (e.g. one foot take off with a one foot landing; two foot landing, two foot take off with a two foot landing, etc.).

## Grab Bag Exploration

Prepare a variety of objects in a bag. As each object is pulled out, children move around the gymnasium pretending to be the object.

## Notes to EL-K Team

- For more of a challenge, the rope can be wiggled faster or can be wiggled up and down close to the ground.
- Remind children to be aware not to step on the handles of the skipping ropes to avoid slipping as well as damaging the equipment.

- Lines on the floor can also be used for the Jump the Brook activity.
- Review skills of jumping – Horizontal
- Use objects that will encourage movement in different ways (balloon, toy truck, any stuffed animal, spinning top, yo-yo, spring, paper airplane).
- To promote creativity and imagination, consider using an imaginary grab bag for grab bag activity. Children pretend to pull an object out of the bag, say what the item is and then move like the pretend object.

## Connection Questions to Expand and Enhance Play

- Which piece of equipment from the grab bag made you move the most? Why?
- What does your body do to travel safely within a given space?
- How did you stay in control of your body when Jumping the Brook with one leg or two legs?