

# Travelling Using Different Body Parts

## *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

- Mats
- [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 control of large muscles and spatial awareness while moving creatively can be recorded on the Anecdotal Recording Chart.

## Bridges and Rivers

Designate half of the class to be bridges and half to be rivers. When you call "bridges," the children who are bridges make a bridge with their bodies in any way they can. Children who are rivers move under as many bridges as they can. Switch roles so children have a chance to be both a bridge and a river.

## Experiment Travelling

Spread mats out in a line across the gymnasium. Children travel from one end of the mats to the other using various forms of movement. Ask children to demonstrate different ways of moving. Suggest other ways (e.g., crawling like an inchworm, hopping sideways on two feet, dancing, walking backwards on knees and hands, sidestepping on knees, crab walking). Challenge children to try to jump over mats without getting their "feet wet." They may need to jump over a corner of the mat in order to do this. Children may be able to jump across mats and get just one foot "wet."

## Notes to EL-K Team

- When playing Bridges and Rivers children may make a bridge by stretching with their hands and feet on the ground, they can make a bridge with their legs only or with their arms only.
- When playing Bridges and Rivers children may stretch out and make long rivers, curl and make curvy rivers or stretch and make wide rivers.
- Remind children to travel into open spaces being careful not to bump into anyone else.

- Children can try the following travelling suggestions: follow/walk/tip toe/hop/skate on the lines on floor or the markings on pavement; walk on spot; jog on spot; make funny body shapes; shake whole body; walk into circle; walk back out; skip in and out; walk in a circle; change directions; make up their own pattern and choose their own method of travelling

## Connection Questions to Expand and Enhance Play

- Was is it more difficult for you to be a bridge or a river?
- What did your body do to prepare/help you to jump the river and not get “wet?”
- What did you do to show you were participating actively?