

ROW, ROW, ROW YOUR BOAT... TO THE FARM!



Goals: Children will stimulate their proprioceptive system and learn about appropriate force by moving fast/slow and hard/soft.

Fundamental Movement Skills: Stability—pushing and pulling

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)

Set Up:

Continue using same set-up as previous activity, or use set-up described on page 82.

How to Play:

- Introduce Row, Row, Row Your Boat activity.
 - *“We are now going to pretend to go gardening. But first, we have to get to our garden, and our garden is on the other side of a lake. How do we get across a lake? (there’s no bridge). We have to take a BOAT!”*
 - *“We are going to pretend that your spot is your boat.”*
- Demonstrate rowing your boat: Sit with knees up and tucked in, and move arms in rowing motion while singing “row, row, row your boat” (do not move off of the spot or out of the hoop). Invite children to sing and copy your motions as you lead.
- After singing song through once, vary the activity.
 - *“I think there is a shark in the water with us, so we have to row faster!”* (Sing faster now, rowing very quickly.)
 - *“Oh, that’s not a shark, that’s just a big fish. Whew! Now we can row slower, because we are enjoying our boat ride.”* (Sing again, but very slowly .)
 - *“Uh oh, the sun is starting to go down, we have to make it to our garden before it gets dark! Row fast!”* (Sing and row very quickly.)
 - *“We’ve arrived at our garden. Let’s get out of the boat and get gardening!”*



Activity Plan continued on next page

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- Tell garden-themed story, which includes varying levels of pushing and pulling (all motions should be demonstrated by adult, with children copying motions).
 - *"We are going to pretend to tend to our garden, which means we are going to pick all of our fruits and vegetables that are ready to be eaten."*
 - *"First, we need to push an empty box to our garden. (Demonstrate lightly pushing an empty box, inviting children to pretend with you. Stay in one spot.)"*
 - *"Here we are at our carrots! Let's pull out some of our SMALL carrots" (Bend low and do several light pulling motions.) "Now, let's pull out the BIGGEST carrot that we have ever seen!" (Do big pulling motion.)"*
 - *"Now, let's walk over to our strawberry bushes. This means we have to push our box of carrots to the bushes!" (Pretend to push a box that is a little heavier than before.)"*
 - *"Uh oh, I see a few bugs crawling around our strawberry bushes, so let's gently pick them away." (Do light picking motion.) "Now let's pick some of these strawberries off of the bushes." (Do light pulling motion.) "Some of these are a little tough to pull, we have to pull harder!" (Pull slightly harder.)"*
 - *"Now let's walk over to our apple tree. This means we have to push our box of carrots AND strawberries to the tree!" (Pretend to push a box that is a little heavier than before.)"*
 - *"Let's pull apples down. Oh, one of those apples at the very top of the tree looks delicious! And huge! Let's pull that one down." (Do hard pulling motion.) "I think I need to climb up the tree to get that big apple." (Do climbing motion.) "Let's pull down these HUGE apples!" (Do very hard pulling motions.)"*
 - *"Now we have a full box full of fruits and vegetables! We have to push this back to our boat!" (Pretend to push a heavy box, full of fruits and vegetables.)"*
- End activity by having children sit on their spots and row back home.

Extending the Activity

Children are more likely to stay interested in an activity if variations are added.

- **Change up the rowing motion.** *"We don't have a boat anymore, we have a canoe! When rowing in a canoe, we have to use a different kind of paddle." (Demonstrate this, pretending to row with a large canoe paddle, holding it vertically with two hands.)*
- **Add More Movement.** If space allows, and after playing a few times in-place, you may allow children to move off of their spot by scooting on their bottoms while singing and rowing. Remind children not to pop their bubble as they move. Remember to stop activity by giving "Freeze" command.