

THE "LOCO" PARADE



Goals: Children will practice a variety of locomotor movement skills while following directions.

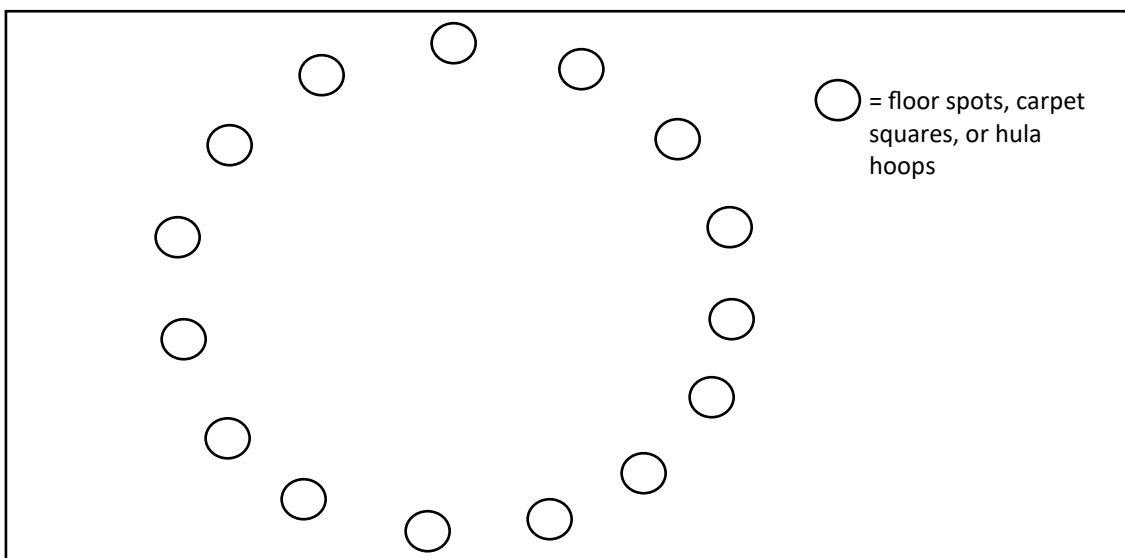
Fundamental Movement Skills: Locomotor—walking, marching

Materials:

- Carpet squares, floor spots, or hula hoops (could use chalk if playing outdoors)
- Juggling/activity scarves
- Upbeat music

Set Up:

Set up carpet squares, floor spots, or cones in a circle to mark play area (or make a large circle with chalk if playing outside). Direct children to each stand on one spot or in one hoop.



Please note: if your play space does not allow for a large circle to be formed, you may scatter the spots so every child has enough room to spread out their arms without touching another child. Children would then do all of the following activities in "Movin' and Groovin'" while standing on their spot (for The "Loco" Parade, they can walk/march in place instead of around the circle).

THE "LOCO" PARADE



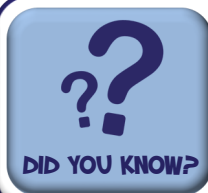
How to Play:

- Start with "Join the Parade" (page 63) for about 2-3 minutes. Remember to start/stop music to start/stop children's movement. Remind children to avoid "popping their bubble" while they parade.
- Continue the parade by asking children to walk in the following ways:
 - On tiptoes
 - Giant steps
 - Baby steps
 - Hands reaching up high
 - Hands on knees
- Start/stop music to introduce each of these different ways to walk.
 - "When the music starts, walk around the circle (or in place) using just your tiptoes! Remember to freeze when the music stops!"
 - "When the music starts, walk around the circle (or in place) using GIANT steps!"
- Introduce and demonstrate marching using these marching cues.
 - "Now we will practice marching! Marching looks like this." (Demonstrate, if able, lifting knees up high.)
 - "Be sure to lift your knees as high as you can, straight up in the air."
- Continue the parade by asking children to march in the following ways:
 - Normal March
 - On tiptoes
 - Giant marching steps
 - Small marching steps
 - Hands reaching up high
 - Hands on hips
- Start/stop music to introduce each of these different ways to march.
 - "When the music starts, march around the circle!"
 - "When the music starts, try marching on your tiptoes. Remember to get your knees up high!"



Change it Up

Try to do other locomotor skills as part of the parade, such as skipping, leaping, or galloping.



Marching

Marching is a simple, introductory locomotor skill that will help children learn other skills such as leaping and skipping, which are more challenging skills that develop at older ages.