

APPLES & BANANAS



Goals: Children will practice following directions by listening for certain words before moving.

Fundamental Movement Skills: Stability—standing/sitting

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 62.

How to Play:

- Children will listen to a short story. They will sit when they hear the word “apple,” and stand when they hear the word “banana.”
 - *“Now, I am going to read a short story. We will need to listen with our ears very closely to this story.”*
 - *“When you hear me say the word ‘apple,’ sit crisscross applesauce just as you are now.”* (Make sure children are sitting crisscross applesauce, if able, before moving on.)
 - *“When you hear me say the word “banana,” you must stand up with your hands at your side.”* (Have children practice this before starting the story).
- Read the following story (or make up your own). Start with children standing.
 - **“On Wednesday morning, everyone from Ms. _____ class was hungry and went grocery shopping to buy some fruit, like strawberries, apricots, oranges, and APPLES. They also bought some vegetables, like celery, carrots, and kale. But wait, they forgot to get some BANANAS. Everyone in Ms. ___ class loved the sweet, creamy taste of BANANAS, but they also love the crispy, cool taste of APPLES. Before leaving the store, they picked up a big bunch of balloons. Then they went back to _____ (name of child care program) and talked about what they would make with their food, with their strawberries, apricots, and BANANAS. The whole class was excited to make sweet and creamy BANANA ice cream! But some in the class thought it would be a good idea to turn the APPLES into applesauce. What should they do? Should they make BANANA ice cream? Or APPLE sauce? BANANAS? Or APPLES? They decided to play with their balloons instead.”**
- After using this story, try making up your own. Switch out different words for Apples and Bananas so children can practice listening for different words.