

# JOIN THE PARADE

**Goals:** Children will practice starting/stopping activity, walking in a line, maintaining self-space, and following directions.

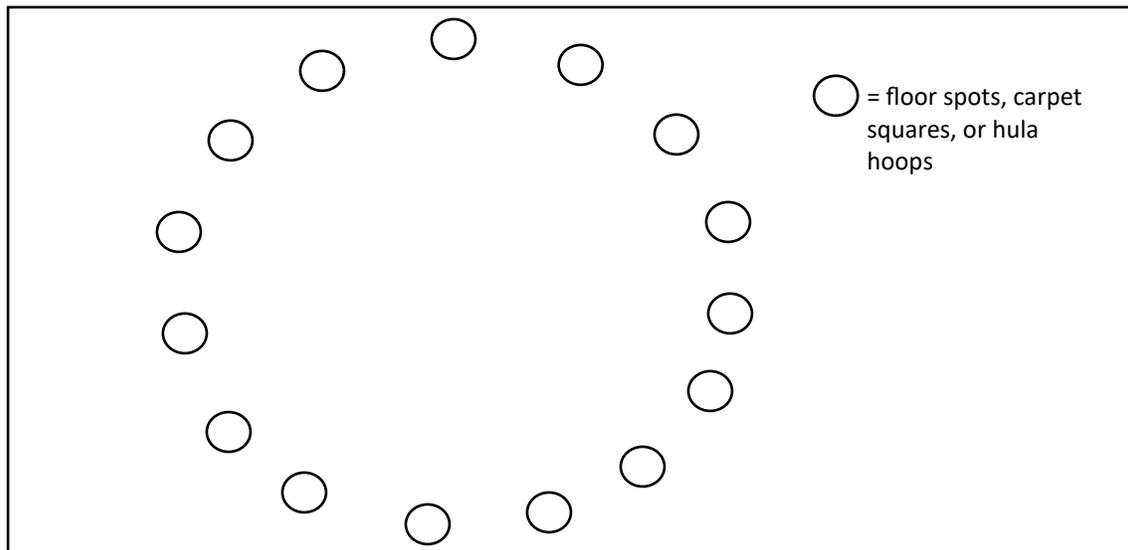
**Fundamental Movement Skills:** Locomotor—walking

**Materials:**

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

**Set Up:**

Set up carpet squares, floor spots, or hula hoops 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 “Managing Movement” while standing on their spot (for Join the Parade, they can walk in place instead of around the circle).

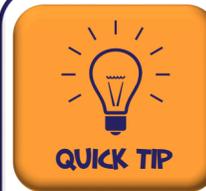


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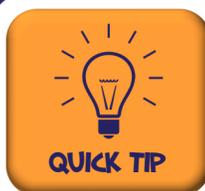
## How to Play:

- Introduce the parade to children.
  - *“If you have been to a parade before, raise your hand! Today, we are going to pretend to be in a parade, and everybody came to see us!”*
  - *“What kinds of things have you seen in a parade?”* (fire trucks, different animals, marching band, throwing candy (see Quick Tip), etc.)
- Teach the “freeze” command (this command will be used for all active play).
  - *“When I start the music, walk along the circle and act like \_\_\_\_\_ (a parade character). But when the music stops, you must freeze!”* Demonstrate the freeze position at this point (arms crossed in front of body, not moving. You may choose a different “freeze” position, but keep it consistent every time.)
- Show children in which direction they should move before the parade starts. (It may be helpful to turn children in the correct direction when first starting.)
- Start music and participate with children as they walk around the circle and act like different parade characters. Stop the music, freeze, and change the parade character every 10-20 seconds. Continue like this for about 3-4 different parade characters, or as long as children remain interested.
- End parade with children freezing on one spot.



## Consistent Messaging

Your efforts to encourage healthy eating will be most effective if your message across ALL lessons is consistent. When children bring up seeing candy at parades, you may suggest that this is a “GO” Food parade, and candy is a “WHOA” food. So instead of pretending to throw candy in your parade, pretend to throw a “GO” Food instead!



## Giving Directions

When giving directions, use this pattern:

“When I \_\_\_\_\_, do \_\_\_\_\_.”

For example: “When I start the music, pretend to be in a marching band!”