

Objective 4

Demonstrates traveling skills

Related Objectives: 1b, 2c, 5, 8b, 11e, 16a, 20e, 23, 34

What You Do

1. Invite the students to move with you in this pattern: step, hop, jump; step, hop, jump.
2. Repeat the pattern, saying each action as you perform it together.
3. Say, "Let's change *jump* at the end for a new action. How else can we move?"
4. Continue the movement pattern, incorporating the students' suggestions.

- Incorporate additional movements to create a longer movement pattern.
- Ask the students to perform each action more than one time in the pattern, e.g., three steps, two hops, one jump.
- Invite students to suggest ways to move with a partner, e.g., give a high five, bump fists or hips, shake hands.
- Add complexity by writing a simple letter pattern and inviting students to use their hands to create the letters, e.g., C, V, L, O, X, W, T.