



Title: **Bodies in Motion II**

Type: **GAME TIME**

Theme: **My Body**

Group observations for this activity: [Observation sheet](#) - [entry screen](#)

Children follow the teacher through an obstacle course of outdoor fun.

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**Observable behaviors:** (Key behaviors are in red.)

**328 Balances on one leg with one foot off the ground 5 in.**

**340 Walks on a 10 in. wide balance beam**

**345 Pedals a tricycle forward**

**348 Seeks the support of an adult when he/she is hurt or upset**

**367 Skips with alternating left and right feet**

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**Materials:**

An 8 ft. long x 10 in. wide balance beam

Several 20 in. - 23 in. tall tricycles

Traffic cones or large paper cups - two per tricycle

Two teachers who can observe the children as they participate in each part of the activity

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**Preparation:**

Place the balance beam on the side of the play yard.

Line the bikes up across one end of the play yard and place one cone 2 ft. in front of each tricycle. Place one cone 10 ft. ahead of each tricycle. The children will maneuver around the cones as they ride.

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**Procedure:**

Invite a group of children outdoors to the play yard. Say, "Our muscles move all the different parts of our bodies. Can you move the muscles in your hands and wiggle your fingers?" Watch the children wiggle their fingers. Say, "Can you move the muscles in your legs and wiggle your knees and feet?" Watch the children move their legs. Say, "Now let's use our muscles to move different parts of our bodies and travel through an obstacle course."

Divide the children into two small groups. Ask one group to form a line by the balance beam and ask another group to form a line by the tricycles. Each child will take a turn at one part of the activity and then skip over to wait in line for the next part. It is best to have one teacher supervise and observe the balance beam walkers and one teacher to supervise and observe the tricycle riders.

348- Watch each child play with other children and interact with adults during this activity. Note if he/she seeks comfort from an adult when he/she is sad or hurt.

At the balance beam:

328 – Demonstrate how to balance on one leg and hold the other leg 5 in. off the ground. Ask each child to balance on one leg while he/she waits in line for a turn on the balance beam. Say, “Which muscles are you using right now? Can you touch the muscles that feel as if they are doing the work?”

340 – Demonstrate how to walk across the beam and ask each child to take a turn and walk across the balance beam. Watch to be sure each child is able to take at least five steps on the beam without falling off.

367 – After each child finishes walking on the beam, ask him/her to skip over and join the children who are waiting in line to ride a tricycle. Watch to see if each child can skip with alternating left and right feet.

At the tricycles:

345 – Ask each child to pedal a tricycle to a cone, steer around the cone, stop, back up between the cones, and return the tricycle to the original parking spot.

367 – After each child finishes riding a tricycle, ask him/her to skip over and join the children who are waiting in line to walk on the beam. Watch to see if each child can skip using alternating left and right feet.

Be sure each child visits both areas of the obstacle course. Allow the children to continue to move between the two areas and practice the skills as long as they remain interested.

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