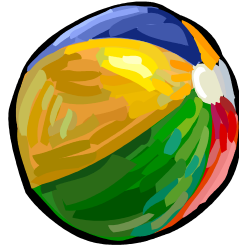


Jumpin' and Rollin' Relay



Suggested Group Size

Whole Group

Objective(s)

The child will participate in a group physical fitness activity.

Activity

Children are separated into two teams. Each child picks up the ball, runs to a chalk-drawn circle, steps inside the circle and jumps up and down four times then rolls the ball to the next person in line on their team.

Targeted Florida Early Learning and Developmental Standards for Four-Year-Olds

- **I. Physical Development**
 - **A. Health and Wellness**
 - **A.2.** Shows visual abilities to facilitate learning and healthy growth and development
 - **A.3.** Demonstrated auditory ability to facilitate learning and healthy growth and development
 - **A.9.** Participates in physical fitness activities
 - **C. Gross Motor Development**
 - **C.1.** Demonstrated increasing control of motor control and balance
 - **C.2.** Demonstrates the ability to combine movements for gross motor skills
 - **D. Fine Motor**
 - **D.1.** Demonstrates increasing control of small motor muscles to perform simple tasks

Materials

- Sidewalk chalk to draw a circle for each team
- Two playground balls (or two small basketballs)
- Whistle or bell (to signal start of relay)

Procedures

1. Use the sidewalk chalk to draw two circles beside each other. Separate the children into two teams facing the chalk-drawn circles.
2. Demonstrate for the children how the relay game is played.
3. Ask if everyone understands what they are supposed to do.
4. At the signal, the children first in line run to a chalk-drawn circle.
5. They pick up the ball and hold it in their arms, step inside the chalk-drawn circle and jump up and down four times.
6. Then, the children roll the ball to the next child in line on their team and take their place at the end of the line.
7. Continue the relay until all of the children on each team have had a turn.

Adaptations

- To decrease the difficulty of the activity, have the children carry the ball back to the next child in line.
- To increase the difficulty of the activity, have the children bounce the ball back to the next child in line.

Extensions

- Ask the children to count as each child jumps up and down four times.
- Provide materials throughout the week for children who wish to play the relay game during outside time.

Checking for Understanding

Children will demonstrate their understanding of the lesson by:

- participating in the group physical fitness activity
- following the directions of the relay game (e.g., running, jumping up and down four times, and rolling the ball).

Related Standards for Four-Year-Olds

- **II. Approaches to Learning**
 - **A. Eagerness and Curiosity**
 - **A.1.** Shows curiosity and is eager to learn new things and have new experiences
- **III. Social and Emotional Development**
 - **B. Relationships**
 - **B.b. Peers**
 - **B.b.1.** Interacts with and develops positive relationships with peers
- **V. Cognitive Development and General Knowledge**
 - **C. Social Studies**
 - **C.d. Civic Ideals and Practices**
 - **C.d.1.** Demonstrates awareness of group rules (civics)