Motivating kids to move!
- FUN! the more fun kids have…the more they will move.
- Play-based movement; the exercise is hidden in the activity.
- Make the child feel successful.

Kid friendly
- The goal for this age group is gross motor development. This occurs in 3 stages; fundamental, transitional development and skill specific.
- Gross motor skills to incorporate: walking, skipping, running, galloping, sliding, jumping, hopping, throwing, catching and balancing.
- Use thematic play for activity.
- Use music.

Kid’s considerations
- Kids are like interval trainers “go and stop” dynamic; plan activities to mimic their natural energy patterns.
- Minimize down time.
- Behavior issues, ”Go Go Go instead of No No No”
- Reward and recognition, ”everybody is a winner”

Kid’s choreography
“Dalmatian Disco”
Chorus: (start on 8) (jump forward on 5,2) (jump open on 1-3 “wag your tail”)
(jump back on 5,8) (jump open on 7-9 “wag your tail”)

“Leap Frog”
(6,4,5,5 “open open close close”)
(3,1,5,5)
(9,7,5,5)
Chorus: Jump from “lily pad to lily pad”

“The Freeze”
Walk, jog, skip, hop, zig zag walk, etc. all around Geo Mats
On “freeze” call out commands for kids to do:
- two feet on 5
- feet on 7-9 hands on 2
- one foot on 1
- 3 hands on 3
Use the movement chart to design experiences for children.
Manipulatives:

**Equipment** – Paper bags, scarves, sheets, shakers, streamers, cups, paper plates, balls, hula hoops, etc.

**Challenge Courses** - Develop challenge courses to climb over, go around, climb through, etc.

**GeoMat - Children’s Games, Activities & Circuits – Examples:**

**Geo-Bowling** – use a ball & roll toward the mats

**Geo-Hop Scotch** – Use two mats in line with hula hoop at the end. Participant tosses beanbag then hop scothes to the end of GeoMat to pick up beanbag

**Catch Me if you Can** – Participants are off the mat with one chasing the other in a game of tag. They circle the mat with the rule that you can’t step on the mat. If one tags the other then the one tagged becomes “it” and chases the other.

**GeoVolleyball** – Participants stand on their own mat and try to keep the balloon up in the air between two or more participants.

**Number Recognition** – move and perform actions as a number is called

- Move to 2 and run as fast as you can
- Jump on 5 – then jump 5 times
- Balance on 1 foot on 8

**Math Problems** – move to the answer to the math problem

- Move to 2 + 2
- Move to 6 + 3
- Move to 24 divided by 2 (place one foot on one the other on two)
- Move to 25 – 5 (put one foot on 2 and the other off the mat to indicate zero)

**Directions** – move to learn directions of N, S, E, & W – Examples:

- Stay on 5 facing North – jump ¼ turn and face E
- Jump ½ turn and face W
- Jump ¾ turn to face N

**GeoSimon** – I will give you a pattern – and your jump or hop to that pattern – then jump off the mat – Remember jump is landing with 2 feet and hop is landing on 1 foot – Repeating the number and action will help you remember when the sequence gets longer

- Jump 4 – hop 1 and jump off - Now say it as you do it – Let’s say the first few together Ready Go – Adding on
- Jump 4 – hop 1 – jump 2 and off – Now say it with me – Ready go - Jump 4 – hop 1 – jump 2 and off

- Adding on
- Jump 4 – hop 1 – jump 2 - jump 6 and off – Now say it with me – Ready go - Jump 4 – hop 1 – jump 2 – jump 6 and off

**GeoMat Strength / Agility Activities - Examples**

**Body Awareness** - balance on one or more body part – Examples:

- Put one hand on 4 - one hand on 6 - and one foot on 7
- Put one hand on 3 – one knee on 5
- Put 4 body parts on the following numbers – 1 – 4 – 3 – 9

**Animal Moves** – Dog, hurt puppy dog, bear, inchworm, crab, etc.

**GeoTwister** – develops listening skills, balance & flexibility

- Put one hand on 3 – one hand on 2 – and one foot on 8 – hold that balance
- Put one hand on 2 – one foot on 6 – and the other foot on 8 – hold your balance

**Basic Gymnastic Positions**

- Sit down with your bottom on 2 and your legs straight – with feet in 8 – This is called Pike position
- Stay seated on 2 - bend your knees and place the bottom of your feet on 5 – This is called Tuck
- Now take your feet and separate them so that one foot is in 7 and the other in 9 – This is called Straddle