

## **Safari Fitness**

### **For use during presentation after Overhead 13**

Instructions: Use masking tape to make a double wide path about a foot apart that winds through the room. Ask participants what they think it is? A road? The path of flowing lava? Tell them it's a river through a jungle and they should all get on the boat for a safari tour. Have them help paddle as you walk down the river. Then tell them they are monkeys in the trees on the shore. They must swing from the trees and collect bananas (swing around on their arms, grab for bananas). Now turn them into tall giraffes and make them look over the trees (stretched tall). Now make them into parrots and fly around. Then they are fish jumping in the water.

*Now put your hand on your heart and feel it saying "Thank you, Thank you, Thank you"*

This game can also be played by including the children's' suggestions. Let them decide if the lines are something to hop over, swim through, or follow to the pot of gold! Be careful, the tape can damage the floor if it is left on for a long time.

## Concepts of Movement Activity

### For use during presentation after Overheads 16-18

*Divide participants into groups. Cut and distribute the following activities to each group. Have each group present their activity,(as a role play works well) then have each group modify the activity using one or more of the concepts of movement.*

#### **Amazing Bodies**

##### **Instructions:**

Touch and identify different parts of the body and ask children to do the same.

Ask Children to show how each part of their body can move.

Talk about muscles and joints. Show how they move and ask children to volunteer ideas, like carrying items like dishes to the table or a backpack to school; lifting things like Mom lifts a baby; walking from one place to another, writing, and pushing doors open.

#### **The Air Out There**

**Instructions:** Talk about the concept of personal space: the air around your body that you can reach while standing in one place. Your personal space follows you wherever you go.

Ask children and adults to explore their personal space by standing in one place and doing different activities that allow them to move around in that space, such as reaching, stretching, standing on tiptoes, kicking, and bending over. Ask children to come up with ideas.

#### **Zoo Fitness**

**Instructions:** Ask children to move from one place to another like a certain type of animal: giraffe, cheetah, dog, cat, squirrel, etc. Ask the kids for ideas of animals they would like to imitate.

**Source:** Click it! To Reduce Television in Early Childhood. University of Washington, Washington State Department of Health and Washington State ECEAP

## TV Jingles

### For use while Overhead 23 is on the screen

Transition Activity Between Physical Activity Session and Screen Time Session

I am going to read aloud some food jingles. Try and fill in the missing product. This demonstrates how well food companies have “branded” us to recognize their products.

- 1) \_\_\_\_\_ is thirst aid, for that deep down body thirst.... *Gatorade*
- 2) You deserve a break to-day... at \_\_\_\_\_! *McDonald's*
- 3) \_\_\_\_\_ the San Francisco treat.. *Rice A Roni*
- 4) Oh, I wish I were an \_\_\_\_\_; that is what I'd truly like to be.  
Cause if I were an \_\_\_\_\_, Everyone would be in love with me. *Oscar Meyer Weiner*
- 5) So bring out the \_\_\_\_\_, and bring out the best! *Hellman's*
- 6) Kiss a little longer with \_\_\_\_\_ . *Big Red*
- 7) "Sometimes you feel like a nut, sometimes you don't. \_\_\_\_\_ got nuts,  
\_\_\_\_\_ don't." *Almond Joy's and Mounds*
- 8) How many licks does it take to get to the tootsie roll center of a \_\_\_\_\_? *Tootsie Pop*
- 9) Pardon me; do you have any \_\_\_\_\_? *Grey Poupon*
- 10) Whoohoo!!! *Pillsbury Doughboy*
- 11) I'm a pepper, he's a pepper, she's a pepper, we're a pepper; wouldn't you like to be a pepper too? *Dr. Pepper*
- 12) A is for apple, J is for Jacks. Cinnamon toasty \_\_\_\_\_ . . . . *Applejacks*
- 13) Tony the Tiger saying, "They're great." *Frosted Flakes*