

Moving & Grooving

Get ready for some fun as children build gross-motor, listening, and counting skills while developing a sense of rhythm.



Ages 3 to 8

Using music, rhythm, and some counting, children travel through tunnels and pathways in fun gross-motor practice and cardiovascular fitness activities!

Objective

These activities help to build basic gross-motor skills and cardiovascular endurance while reinforcing skills in counting and listening.

Equipment

- Item # 14-760 **Super Enormous Tunnel**
- Item # 41-998 **Soft Dome Cones**
- Item # 50-957 **Tom-Tom Drum**
- Music CD (Optional)**

Directions

1. Place the Super Enormous Tunnel in an open area where children can line up at the start and have enough room to exit the tunnel at the end.
2. Choose a favorite music CD or instrument.
3. Invite the children to begin crawling through the tunnel one at a time when they hear the music. As soon as the music stops, they have to stop moving. When the music starts again, they should begin moving again.

Options

- Choose a number and clap that many times. Invite the children to count the number of claps and then crawl through the tunnel that many times!
- Arrange the Soft Dome Cones along parallel pathways to create a course for children to move through. Using the Tom-Tom Drum, tap out a beat. Invite the children to move through the path. As the children move through the path, change the beat (faster, slower) and encourage the children to change their pace.

