



Dancing Chicken – Grades Pre-K-2

Needed Material: popsicles (or small pieces of paper like posted notes), sharpie, jar

Instructions: In this activity, the students will be given different gross motor commands and they have to perform them like a chicken. For example, if they are given the command to turn to the left or right, they just turn like a chicken would. You can write the commands on a Popsicle with a sharpie, and then put the commands in a jar. When the students are spread out and ready, you can begin to call out the commands for the students and let them move around the space performing the command the same way a chicken would. To make the activity more fun, play upbeat music in the background!

Example of Gross Motor Skills

Turn to the Left or Right

Hop on two feet

Hop on one foot

Skip

Touch toes

Sway arms side to side

Walk forward, backwards, and Left to Right

Walk in different shapes (circle, triangle, square, etc.)

Take tiny steps

3 steps to the L or R

5 steps to your chair

2 steps towards a window

(You can add more gross motor skills to this list)

Credit: www.sarajcreations.com