



Demo DAY/Field Trip Kindermotion Ages 6-9 SUMMER Under the Sea

Goal: With an in-house field trip or demo day for school age kids, the goal is to introduce children to different activities that build fitness, encourage team work, and challenge students. You may choose from sections that are the best fit for the interest of your group.. *Keep kids active and moving and adjust or modify based on group dynamics to keep kids engaged. Mix high energy with calming activities, group space vs self space to teach self-regulation and using group space safely. **You will not have time to do everything in this lesson. Plan**

for about 20 minutes Demo day or 30 minutes field trip day.

PLAYLIST: [Under the Sea School Age](#)

Playlist	Skill	Teaching Notes/Patterning	VOCAB/ PROPS
“The House is Rockin” Rainbow Songs Or “Swimming Song” Tony Chestnut	Warm up song	Video for Warm Up Song Call the group to circle. Lead students through the song as a warm up. Share how dancers and gymnasts always warm up before they do their practice and tricks. Optional Theme song - follow the lyrics of the music	Poly spots
“Cocoa Beach”	Stretch • introduce a different stretch each week	Follow the regular Coco Beach Stretch with option to add modifications to incorporate animal stretches: pretend to be preparing for beach sports	Stuffed Jungle animals
AGILITY/MOTOR SKILLS or MOTOR PLANNING			
“Jamaica Jamaica” Reggae for Kids	Skills - Fast feet, skips, High Knees, Two foot jump,hop, Lunge, Bear walks, crab walks	Motor skills can be practiced in a variety of ways. Choose one or two from the list of skills You can set up agility ladder and/or rings to have two lines of students moving through exercises OR Play rock paper scissors game ,	Agility ladders, agility rings

	Jumping jacks	Play Tic tac toe Play PE Four Corners	
“Octopus Garden” Kidzbop	Movement Concepts Levels: High, low level	*Optional - freeze game. Introduce the concept of high (dolphin as it leaps) middle (eg. jelly fish), low, (eg. crab or starfish). Play freeze but as music stops call out high, middle or low and students must freeze as a sea creature at that level	
LOCOMOTOR/NON-LOCOMOTOR (OPTIONAL) or RHYTHM EXERCISES			
“Wayfinding ” moanna (Int) “Under the Sea Beat” proprietary	Coral Pass	Line students up in two lines arm length apart. Explain that they are coral and are stationary/stuck to one spot. Give the first student on each team a beanbag (algae food) and challenge them to pass it down to the last student without moving their stuck feet or dropping it. Increase the challenge by putting more distance between each student and encourage them to twist, reach... Encourage students to copy your rhythm counts using bean bags as shakers. Begin with arms movement only then add stomps, hip side to side or other as they catch the beat	Bean Bags
DANCE INTRODUCTION or IMAGERY (Optional) Pick one to three activities based on dynamics of the group			
(Beg) “Blue (da ba dee)” kidzBob (Int) “Under the Sea Beat” proprietary	Hip Hop (Beg) Rebound, muscles Pick Up Buckets, Squish Your Knees	*See image descriptions below Incorporate ocean theme imagery to introduce and practice 2 or 3 skills then create a mini “choreography” by putting the skills together	
FITNESS STATIONS - OBSTACLE COURSE			

'Deep Sea Adventure' "Dingle Hoper" Donna Lisa	● Agility - Jumping Jacks ● Balance - spoon and bal ● Core Strength - Kite sit ups ● (Dance) - ribbon wands ● Eye/Hand - Self toss with bean bag or foam balls ● Flexibility - partner rowing	Pick 3. This can be set up and conducted as an obstacle course. It is important to keep the group/line moving and avoid having children wait too long for their turn so with the help of classroom teachers, you can start the next student as soon as the previous student has cleared the first obstacle. For groups that will have a series of classes, spend time the first week explaining the six fitness areas ABCDEF and keep the rotation consistent but let students know that activity in each station may change. *rowing - feet together holding hands for GENTLE stretch	Agility ladder or rings, Bean bags, mat, cones, small balls, scarves
SPORTS READINESS - TEAM WORK GAME			
"Wipe Out" Dance Party Fun	● Baseball - throwing and catching ● Racket Sports ● Game Option	- Partner activity (instructor to start) explain that thrower is going to raise beanbag to shoulder, catcher should have hands chest height "open mouth" - Students use poly spots to practice swinging and hitting balls Team Game "Dirty Back Yard" Divide group into two teams on either side of mat. Team one uses spots to hit balls over the mat team two catches and throws back over. When timer stops whichever team has the fewest balls on their side, wins Or "Volcanoes and Islands"	Beanbag
"Surfer Mama" Kira Wile	Cool Down	*Guide students through a calming cool down (boat pose, surfer pose, starfish)	

Thank You & Goodbye Suggested Exit Songs: "How to be Star" by Kira Wiley

KID FAVORITE Rock Paper Scissors Battle

A fun twist on Rock Paper Scissors that incorporates movement and competition.

GROUP SIZE

8+

DIFFICULTY



EQUIPMENT

► Hula hoops



SETUP:

Create a path of hula hoops from one end of your play area to the other. Divide into two teams, placed at opposite ends of the path.

INSTRUCTIONS:

1. The first player in both lines starts hopping with two feet through their path of hula hoops toward the center of the room.
2. When they reach each other, they play a game of Rock Paper Scissors. The loser runs back to their line while the winner proceeds forward.
3. A new player from the losing team immediately begins hopping through the hula hoop path toward the winning player from the other team.
4. When they meet, they play a game of Rock Paper Scissors. The loser runs back to their line while the winner proceeds forward.
5. Continue until a player from one team reaches the end of the hula hoop path and wins their final match, earning a point for their team.
6. Play for a set time or up to a certain number of points.

EASIER

Use a shorter hula hoop path.
Allow walking instead of hopping.

HARDER

Add obstacles to crawl under or jump over.

VOLCANOES AND ISLANDS

SKILL FOCUS

Throwing, teamwork, strategy

EQUIPMENT

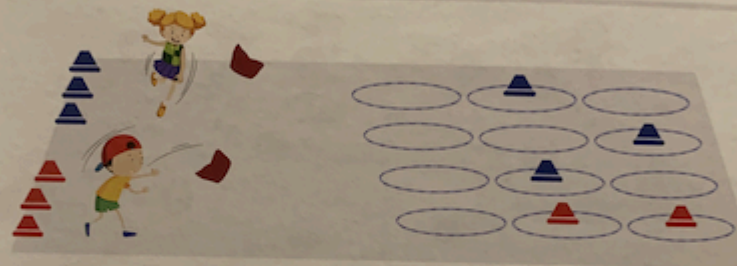
Beanbags, 2 colors of cones, hula hoops.

DIFFICULTY



SETUP

Group kids into 2 teams and put them in relay race lines. Place 12 or more hula hoops in a grid across from the lines.



INSTRUCTIONS

1. The object of the game is to toss your beanbag into one of the hula hoops (islands).
2. Once you land a beanbag on an island, you can claim that island for your team by running over and placing your colored cone (volcano) inside it.
3. Any other beanbag that lands inside that island does not count.
4. Missed throws are picked up and returned to the next thrower in line.
5. The winning team is the team that claims the most 'islands' after a set time.

VARIATIONS

Adjust the throwing distance to make it easier or harder. You can also allow "island takeovers" if a player can land 2 beanbags on an occupied island.