

## OVERVIEW

<b>DURATION</b>	5 mins
<b>AGES</b>	3 - 6
<b>PACE</b>	4.70 - Easy jog
<b>RPE</b>	3.0 - Moderate
<b>MILES RATING</b>	0.39
<b>STAGE(S) OF ATHLETIC DEVELOPMENT</b>	Active Start (Age 0-6) FUNdamentals (Age 6-9)
<b>SKILL LEVEL</b>	Beginner, Intermediate
<b>DEVELOPMENT FOCUS</b>	<b>Fundamental Movement Skills</b> Body: Balance Locomotor: Jumping, Running
<b>ENVIRONMENT</b>	Field, Gym
<b>CAN BE USED AS...</b>	Cool-down, Game / Activity
<b>SHAPE America Standards:</b>	<b>Standard #1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</b> <ul style="list-style-type: none"><li>• S1.E1 Locomotor: Hopping, galloping, running, sliding, skipping, leaping</li><li>• S1.E2 Locomotor: Jogging, running</li><li>• S1.E3 Locomotor: Jumping &amp; landing, horizontal plane</li><li>• S1.E7 Nonlocomotor (stability): Balance</li><li>• S1.E10 Nonlocomotor (stability): Curling &amp; stretching; twisting &amp; bending</li></ul>



## Instructions

\* *Note: This is a copy me story. Do the actions as you tell the story and have participants listen and copy with their bodies.*

- One beautiful day, we all took off in an airplane (**stand on one leg extend arms out to the side, fold at the waist and extend other leg out behind you**) and headed toward Hawaii. While on the airplane there was some turbulence (**shake**). As we flew over Hawaii we could see all the trees (**balance pose standing on one leg, other leg bent at the knee and resting on the inner shin or inner thigh of standing leg, arms extended as branches**). As the wind blew, we could see the trees sway back and forth (**lean from side to side**). While we were in Hawaii we took a hike up a volcano (**stand tall on both feet, arms extend overhead and arms open to create the crater at the top of the volcano**). There were frogs (**crouch down into squat**) and monkeys (**bend at waist, hands flat on the ground**) on the volcano. All of a sudden the volcano started to shake (**tremble and jump**) so we ran down to the bottom (**run in place**) and made it safely to the beach where we had a fun day!