

## **Title: We're going to the zoo.**

### **Objectives:**

- developing a habit of a body posture;
- improving fitness;
- developing children's imagination;
- developing social skills.

**Equipment:** balance discs or paper rings in different colours: red, yellow, green, and other.

**Stage 1:** It's highly recommended to play the game outdoors, however depending on the weather conditions it can also be played inside the school.

**Stage 2: The teacher says: Today we're going to the zoo. Let's drive a car to the zoo!**

Children pretend to drive a car, they use the balance discs as steering wheels. When the teacher shows the red ring, children stop (as if it were traffic lights), when the teacher shows the green ring, children start moving.

**Stage 3: The teacher says: There are some clouds in the sky we should try to drift them apart.**

Children stand on the discs and move from on their tiptoes to their heels, making circles with their arms at the same time.

**Stage 4: The teacher says: We did it! There's the sun in the sky!**

Children standing on the discs/rings do the half-squats, then jump up and straighten their arms, and try to high five the sun.

Dzieci stojąc na krążkach wykonują półprzysiad i podskok równocześnie prostując ramiona przybijają piątki słońcu.

**Stage 5: The teacher says: We're going to the zoo.**

Children "walk" on the discs and lift their knees up high.

**Stage 6: The teacher says: We're going past a group of storks.**

Children stand on one leg, the second leg is bent and the foot is placed on the thigh, arms straight, children raise their arms and put them down, trying to imitate the beak of a stroke.

**Stage 7: The teacher says: There are some tortoises next to us.**

Children put the discs on their backs (they look like tortoise) and they do supported kneel, then they move on their knees around the playground.

**Stage 8: The teacher says: Look, there are some hares!**

Children hop on the disc and hop off (two-footed).

**Stage 9: The teacher says: The bears live near here.**

Children do the slalom among the discs, they pretend to be bears (in front support).

**Stage 10: The teacher says: We come closer, but we have to be quiet, the lions are sleeping.**

Children do push ups (their knees on the discs/rings).

**Stage 11: The teacher says: Look! The squirrels are hopping in and out of the tree hollow.**

Children run among the discs/rings and jump, when the teacher says: “The squirrels go to the hollow!”, children have to stop and stand still on one of the discs/rings.

**Stage 12: Look! What a beautiful butterfly!**

Children sit on the discs/rings, sitting cross-legged, their arms are bended and hands lay on the shoulders. They do the circles with their bended arms.

**Stage 13: The teacher says: It’s time to go home, but we have to be quiet, because we don’t want to wake the animals up.**

Children walk on tiptoes.