Name/Title: **Daytime/Nightime**

Suggested Grade Level: K-1

Description of Idea

Students will begin by spreading out in general space. Each student will pick one out of three locomotor skills to began the instant activity. Make sure none of them choose running. They can choose to be a horse that can only move by galloping, a bunny that can only move by jumping or a cheetah and can only move by running.

The teacher will call out "daytime" which is a signal for all animals to travel through general space using their specific locomotor skill. Suddenly, the teacher will yell "nightime" and students will quickly curl up on the gym floor and pretend like they are sleeping animals until the teacher yells daytime!

Continue to play for a few minutes. Have them change speeds, pathways, levels, etc.

Submitted by **Lily Tucker** in Sacramento, CA. Thanks for contributing to PE Central! **Posted on PEC: 7/8/2016**.

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