

Name/Title: Solid, Liquid, Gas!

Prerequisites: Listening, space awareness, science knowledge

Suggested Grade Level: K - 2

Materials Needed: Music

Description of Idea

Have students stand in general space. Explain to students what a molecule is. When in a solid molecules are not moving. In a liquid, molecules had minimal movement. And in a gas, molecules can jump and float and go wherever they please.

While the music is playing, teacher will say "liquid", and students will gallop in general space. When the teacher calls out "gas", the students will jump up and down in personal space. When the teacher calls out "solid", the students will stand still.

When the music stops students will call out what solid, liquid or gas they are. For example, ice cream, computer, smoke, etc. It is the students choice!

Optional: When students call out what item they are, they can group together with the same student solid liquid or gas and repeat the round.

Adaptations for Students with Disabilities:

Students can wiggle fingers at different speeds or move wheelchair in a straight line, circle, or zig zag depending on movement availability.

Submitted by **Octavia Boligan** who teaches at CSU Sacramento in Stockton, CA. Thanks for contributing to PE Central! **Posted on PEC: 1/31/2017.**

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