Name/Title: **Scrambled Eggs and Dead Bugs**

Suggested Grade Level: K-2

Materials Needed: Upbeat Music, Playground Balls (optional)

Description of Idea

The students begin in scatter formation. When the music begins they move around the gymnasium using any type of movements (they can dance, skip, gallop, walk, gallop, etc.-prefer them NOT to run for this activity). They are pretending to be **Scrambled Eggs**. When the music is paused, the students stop and pretend to be a **Dead Bug**. Dead bugs lay on their back and wiggle their feet and hands in the air really fast. Begin the music again and the students are scrambled eggs.

The fun continues and the students love it when you pause the music quick and try to trick them.

Variations:

If you allow them to use a playground ball the students get a lot of practice dribbling or shooting or catching with a partner. I have the students hold the ball up in the air as they pretend to be dead bugs.

Submitted by **Linda Swinehart** who teaches at Ionia Public Schools in Ionia, MI. Thanks for contributing to PE Central! **Posted on PEC: 9/11/2015**.

Visit S&S Discount for all your physical education equipment and supplies!