Name/Title: **Creative Play with Number Rhymes**

Purpose of Event: To give children the opportunity to practice the skills of jumping and landing while emphasizing a balanced position on a low balance beam.

Prerequisites: Good listening skills and some basic jumping and landing experiences on the ground.

Suggested Grade Level: PRE-K

Materials Needed: A (low) balance beam, A mat (large) to land on, A copy of the Rhyme Three Speckled Frogs.

Description of Idea

The teacher will have to read the rhyme Three Little Speckled Frogs, so the students can hear to cue for jumping off the "log".

* Next have 3 frogs get on the balance beam.

* Read the rhyme and have the 1st frog jump off the log.

* Re-read the rhyme for each frog to jump off the log.

Three little speckled frogs,
Sat on a speckled log,
Eating thr most delicious bugs,
"Yum, yum!"
One jumped into the pond,
Where it was nice and cool,
Then there were two green speckled frogs.
"Glub, glub!"
(repeat, until.....)

One little speckled frog,
Sat on a speckled log,
Eating the most delicious bugs,
"Yum, yum!"
It jumped into the pool,
Where it was nice and cool,
Then there were no green speckled frogs.
"Glub, glub!"

Variations:

This activity is best used as one of many stations or centers and not appropriate as a single activity where the entire class participates at the same time.

Vary by asking children to see how high they can jump.

Vary by asking children to see how far they can jump.

More experienced jumpers can try to this with a one foot take off and a two feet landing.

Assessment Ideas:

Teachers can use this time to observe children's jumping and landing skills and record their progression toward reaching benchmarks in this area.

Submitted by **Martha McCarthy** who teaches at Blackstone Primary in Blackstone, VA. Thanks for contributing to PE Central! **Posted on PEC: 12/26/2002**.

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