

Name/Title: Directions

Purpose of Event: To explore walking in different directions and observe changes in tempos.

Suggested Grade Level: PreK-1

Materials Needed: One carpet square or base for each child, drum or tambourine, cones to mark off playing area

Description of Idea

Scatter bases (carpet squares work fine also) around the playing area. On the drumbeat the children begin **walking** in and around the bases. Have them explore the entire area but they need to avoid the bases. When the drum stops, they move to the nearest base and freeze on the base. They are welcome to share a base. Make sure they don't fight over it.

Repeat this, using different directions for the students to move in (i.e., sideways, diagonally, backwards) and increasing or decreasing the tempo of the drum beat. Ask the children to walk to the tempo the teacher is beating.

Variations:

- Have the children stand on a base as quickly as they can.

Submitted by **Carol Totsky Hammett** who teaches at St. Francis School in Bend, OR. Thanks for contributing to PE Central! **Posted on PEC: 6/3/2008.**

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