Name/Title: **Explore the Moon with the Berenstain Bears**

Purpose of Event: To integrate body and space awareness themes with the school-wide Read Across America program.

Prerequisites: Safety rules for using scooters.

Suggested Grade Level: K-1

Materials Needed: scooters, poly spots, bean bags, other balancing equipment (optional), book: "The Berenstain Bears on the Moon"

Description of Idea

Scatter poly spots and bean bags around the area. Poly spots represent moon craters and bean bags represent moon rocks.

The teacher begins the lesson reading the book "The Berenstain Bears on the Moon." Thereafter, students begin the activity portion of the lesson by sitting on a scooter on the side of the room. Integrating the details of the book into this physical education lesson, explain how they are going to fly to the moon in the rocket ship. Have the class count down to blast-off and ride their rocket to the moon. When they arrive, their rocket becomes a moon-mobile. Ask them to ride in all different directions and pathways around the moon avoiding the craters and rocks. Next, have them park their moon-mobile and step out for a walk on the moon. You can have them walk slowly, explaining the concept of no gravity as well. Finally, they can collect moon rocks and balance them on different body parts as they walk. Other balancing equipment can be used to increase difficulty.

Assessment Ideas:

For informal assessment, close with questions about craters, moon rocks, and what ways the story and the activity were similar.

Adaptations for Students with Disabilities:

This is very adaptable lesson. The scooters do not have to be used at all if not possible. Wheel chairs can be moon-mobiles.

Submitted by **Melanie Jackson** in Salisbury, MD. Thanks for contributing to PE Central! **Posted on PEC: 3/14/2003**.

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