

Name/Title: The Bunny Trail

Purpose of Event: For children to practice walking, skipping, jumping, hopping, etc., while carrying an object.

Suggested Grade Level: PRE-K

Materials Needed: Plastic Easter eggs (three per child) and a large basket. A low balance beam or taped line, hoops, mats, and polypots are good to start with. This activity can be customized according to the equipment you have available.

Description of Idea

Start out with the children on an "island". This can be a mat, carpet, or taped off area. Each child receives an egg and is told that the Easter Bunny needs help delivering them to the island across the gym, also made from a mat, carpet, or taped off area. Tell the children that they must follow the Bunny Trail to deliver the egg. The Bunny Trail is an obstacle course that may contain as many or as few stations as you feel your children can handle. You may want to include some of the following: hopping through a line of hoops, jumping over a river made from taped lines, walking across a balance beam, and/or following different shaped pathways made from cutout footprints taped to the floor. Ask the children to perform certain parts of the course while skipping, crawling, tip-toeing, and/or going backwards. The path should end at the island at the other end of the gym where the egg is put in the basket. Have the children repeat this with the remaining eggs.

Variations:

Vary this activity by painting the numbers one, two, and three on the eggs. Have three baskets, each labeled with a number for the matching egg to go into. If you prefer, use shapes or colors instead of numbers.

Adaptations for Students with Disabilities:

For a child in a wheelchair in an integrated class: have the child perform as much of the activity as possible. He/she can go around the hoops instead of jumping through them. Have the child attempt to keep a wheel of his/her chair on the taped line. If you are using a balance beam for the other children, tape a line along side of it so that the child in the wheelchair doesn't feel excluded.

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