Name/Title: Dr. Seuss Comes to the Gym

Purpose of Event: To perform various motor activities to celebrate Dr. Seuss's birthday/ coordinate with the "Read Across America" program.

Suggested Grade Level: K-2

Materials Needed: tumbling mats, cones, bean bags, scooters, stilts or hi-steppers, mini tramp or hoppers, frisbees, jump ropes, soccer/nerf ball, floor tape, low balance beam, station signs, music, stopwatch, Dr. Seuss books

Description of Idea

Students are divided into 10 groups & are assigned to a station. Signs with directions are posted at each station. Students will have one minute to perform the assigned task. For class management, begin and end each station activity with music.

Station 1: "The Cat in the Hat" -- In a single file, students will run a weave pattern around three cones - simulating the movements of Thing 1 & Thing 2. Repeat until the cue to rotate is sounded.

Station 2: "Yertle Turtle" -- Students will crawl on hands & knees across two tumbling mats - moving like Yertle. Repeat.

Station 3: "Go Dogs Go" -- Students will ride the scooter around a cone & back (driving like the dogs in the story).

Station 4: "Hop on Pop" -- Students will bounce four times on the mini tramp/hopper. The 2nd time it's their turn, they will bounce five times. The 3rd time, they will bounce six times.

Station 5: "The Shape of Me & Other Stuff" -- Students will run around the circle, then the square, then the triangle. (shapes made on the floor with floor tape) Repeat.

Station 6: "Green Eggs & Ham" -- Students will carry and/or balance a Frisbee (upside down) that contains 2 green bean bags & a small green ball. They will go down and around the cone and back. Repeat.

Station 7: "The King's Stilts" -- Students will walk on stilts/hi-steppers to the cone & back. Repeat

Station 8: "One Fish, Two Fish, Red Fish, Blue Fish" -- Students will ride on their scooter face down & pretend to swim (using their arms & legs) to the cone & back. Repeat

Station 9: "The Foot Book" -- Students will use their feet to dribble a soccer/nerf ball to the cone & back.

Station 10: "Ten Apples on Top" -- Students will place a red bean bag on their head and walk across the low balance beam (or walk along a line on the floor). On their 2nd turn, students place 2 bean bags on their head. On their 3rd turn, they attempt to walk with 3 bean bags balanced on their head.

Assessment Ideas:

At the end of the lesson, have the students recall a favorite Dr. Seuss book and state the activity that coordinates with the book.

"Home(work)fun:" Encourage the students to preferably read the book to a family member or tell the story and then demonstrate the motor activity that aligns with the book.

Teaching Suggestions:

Work with classroom teachers, or the librarian, to ensure each of the named books/ and or chapter is read prior to the activity.

Have older students assist at stations to remind the younger students what they are supposed to do.

Have a copy of each of the books at the appropriate station.

Submitted by **gloria jaremko** who teaches at Clermont Elementary School in Quarryville, PA. Thanks for contributing to PE Central! **Posted on PEC: 4/26/2008**.

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