

A Trip to the Farm

Equipment:

Basket, ball, bikes, CD of "Old MacDonald" (optional)

Instructions:

Read the story to the children and have them act out each part. Demonstrate the movements as you read the story: walking with high knees, walking on four limbs, flapping arms like a chicken, galloping, waving arms like a bird, picking up a heavy pumpkin.

- "Today we are going to pretend we are going to the farm. We will have a picnic and pick some pumpkins. Let's get everything together that we will need."

Ask children what they think we will need (basket, plates, ball, kite, blanket, etc.). Have children go around the room to find items and put them in the basket.

- "Now let's get on the bus. The steps are pretty high. You need to step high to get on the bus." (Have children use high marching steps.)
- "Here we are at the farm. Let's go see the animals before we pick our pumpkins."
- "Look – I see a cow. What sound does a cow make?" (Children say "moo.") "Now let's walk like the cow walks." (Have children bend over and walk on all four limbs if possible).
- "Look, there are some chickens. Chickens say 'cluck, cluck.' They are running around. Let's flap our arms and run around like a chicken. Let's all move and sound like chickens. We need to move fast because chickens are fast."
- "What is in that pen? It looks like horses. What does the horse say?" (Children say "neigh.") "Let's gallop like the horse." (Remind children that when galloping the same foot always leads).
- "I see birds flying away. Flap your wings like the birds and go to where the bird flew way over there." (Name a place on other side of play area or the area where you have placed pumpkins.)
- "Now we will go over to the pumpkin patch and pick our pumpkins." (Have children walk over to open area. If possible put out balls or other Loose Parts to use as pumpkins). "Some pumpkins are small, some are large. Find a good one. How would you pick up a heavy pumpkin?" (Have children pretend to pick up a heavy pumpkin).

- "It's time to eat. Is anyone hungry? Let's put out our picnic blanket so we can eat." (Have children spread out a blanket and take items out of basket.)
- "It's time to go home. Let's pack up everything and get on the bus."

CUE WORDS

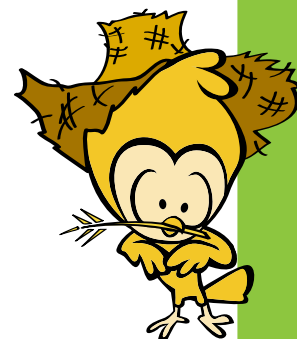
- High marching knees
- Bend over, all fours
- Flap your arms, quick feet
- Gallop — one foot stays in front
- Move quickly

Tips:

- This activity can be done indoors or outdoors. Keep children moving.
- You might add a healthy snack such as carrot sticks and have children eat the snack.

Alternatives/Adaptations:

- Instead of riding a bus, ride bikes. "We are going to ride our bikes to the park. Put on your helmets and get ready to ride!" (If outdoors, have children put on helmets and ride bikes. If indoors, have children act out putting on helmet and walk in place to resemble riding).
- Have a clue at each area that directs the child to the next activity. For example, when at the chicken pen, have a clue that says "Walk like a cow over to the cow pen".
- Have children pretend to ride a horse using a stick.
- Try catching the chickens after acting like them. Divide the class in half and give feathers to half of the children to indicate which are the chickens. Have the other children run after them and "catch the feather."
- Use something weighted such as a bottle filled with water or a rock to represent the pumpkins.
- Ask children what is on a farm. Talk about animals that are found on a farm.
- Read a book about a farm.
- Sing "Old MacDonald Had a Farm."
- Add as many animals as you want – have the children name animals (even if they may not really be farm animals), then move like the animals.



MOTOR SKILLS			MOVEMENT CONCEPTS	CURRICULAR CONCEPTS
Locomotor	Non-locomotor	Manipulative		
Running, walking	Jumping, landing	—	Body awareness, effort awareness, spatial awareness	Language & literacy, science