Outdoor Activities

Unit7·Week23



⁻"Quarter-Spoon Relay"

Divide the children into four teams and designate a starting and a finish line.

The first child on each team places a quarter on a spoon. At your signal the child walks to the finish

line as quickly as he or she can, then returns to the team while balancing the quarter. If the quarter falls off, the child retrieves it, places it back on the spoon, and continues. When the child reaches his or her team, he or she hands the quarter and spoon to the next child in line and the game continues.

Materials

- Four quarters
- Four spoons

Approaches to Learning

Focuses attention on tasks and experiences despite interruptions or distractions

Fine Motor Skills

Demonstrates handeye coordination

Gross Motor Skills

Moves with an awareness of personal space in relationship to objects and others

Moves with balance and control



"Pack It Up Relay"

Pack a set of oversized clothing (such as a jacket, pants, shoes, boots, etc) in two large paper bags, with a minimum of 3 items in each bag.

Divide the class into two teams and use masking tape to designate a starting line and a finish line. The teams line up behind the starting line. Distribute a paper bag to the first child on each team.

At your signal the children pick up their paper bags, run to the finish line, open the bags, and put the items on over their clothing. They then pick up the empty bags and run back to the starting line. Once there they take off the clothing, pack it back into the bags, and hand them to the next children in line.

Materials

- Two large paper bags with a minimum of 3 oversized
- clothing items in each bag
- Masking tape

Fine Motor Skills

Demonstrates control, strength, and dexterity to manipulate objects

Gross Motor Skills

Combines a sequence of large motor skills

Social/Emotional Development

Demonstrates self-help skills

Social/Emotional Development Seeks

assistance from adults or classmates (or assists adults or classmates)

