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Egg Hunt

Lesson Overview: Students get a chance to take a fun movement break while working on basic reading skills as well as locomotor movements.

Grade Level: K-3rd

Lesson Time: 15-30 minutes

Prior Knowledge: Students should know how to do locomotor movements.

Materials Needed:

- Plastic eggs (a few more than the number of students) marked on the inside with the following letters: sl, sk, h, j, r, g, l, and w (can write the letters on the inside or label a piece of tape to attach inside each egg)
- Poster showing what each of the letters represent (sl=slide, sk=skip, r=run, g=gallop, j=jump, h=hop, l=leap, w=walk)
- A basket to hold the eggs
- Music

Content Integration:

- Reading
- Physical Education

Corresponding Standards:

Oregon Standards

- Promotion of Physical Activity
 - Acquire knowledge and skills to understand the role physical activity has in promoting health.
- Expressive and Efficient Moving
 - Demonstrate knowledge of a variety of motor skills.

National Physical Education Standards

- Demonstrates competency in a variety of motor skills and movement patterns.
 - Locomotor
- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - Physical activity knowledge
 - Fitness knowledge

Lesson Objective:

Students will practice movements to build fitness.

Lesson Description:

1. Lead-in: Distribute eggs around the area and tell the class they will be going on an egg hunt.
2. Step by Step:
 - a. Students each pick up an egg and open it to see what movement to use.
 - b. After seeing the type of movement, close egg and move as designated to get another egg.
3. Closure: Talk about moving leads to better physical and mental health.
4. Extension or Next Step:

Can have students perform the locomotor skill while music is playing and choose a new one when the music stops.

Differentiation:

- Advanced: Can create more difficult movement ideas to put inside egg.
- Struggling: Can pair up students to help if needed.