

## Limited Space

403



**NAME OF ACTIVITY:** Fruit Salad

**GRADE LEVEL:** 2

**EQUIPMENT:** 1 towel, mat or hoop/student

**SKILLS EMPHASIZED:** crawling, walking

**ORGANIZATION:**

1. Students are seated on the floor in a circle on a towel, mat or in a plastic hoop.
2. Designate 1 student as "It" to sit in the center of the circle.
3. Give all students a fruit name: Banana, Strawberry, Pineapple, Kiwi, Orange (or your own).
4. Designate the locomotor movement to be used.

**DESCRIPTION:**

1. "It" calls out a fruit.
2. On the command "Go" from the teacher, students of that fruit exchange places, using the designated locomotor movement.
3. While they are up, the "It" tries to occupy an open space. The student left without a space is now "It."
4. When "Fruit Salad" is called, everyone must exchange places.\*

**TEACHING SUGGESTIONS:**

1. Require that the exercises be done in unison and all team members count out loud together. The teacher is the judge of this. If either rule is violated, the exercise leader at that time must go back and begin again.
2. It is not necessary that the exercise task cards for each team be identical.

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404



**NAME OF ACTIVITY:** Fruit Salad (*continued*)

**VARIATIONS:**

1. While waiting for "It" to select a student, all students must continually move 1 space to the right.\*
2. Students are named after beans (lima, pinto, etc.), "It" calls out a type of bean. Those "beans" trade places. If "Bean Salad" is called, everyone trades places.
3. Use other foods (bread, cereals, vegetables, etc.) as names.

**Suggested Locomotor Movements:**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1. crawl (on hands and knees)   | 5. bear walk (hands & feet) |
| 2. reptile crawl (on belly)**   | 6. "seat" scoot**           |
| 3. creep (walk while squatting) | 7. seat walk**              |
| 4. crab walk                    | 8. inchworm                 |

\*Makes the game more physically active.

\*\*Requires a clean surface or towels, carpet squares or mats.