

## Limited Space

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**NAME OF ACTIVITY:** The Snake Trail/Double Circle/X

**GRADE LEVEL:** K-2

**EQUIPMENT:** 5-12 cones or desks, 1 whistle (optional), music (optional)

**SKILLS EMPHASIZED:** walking, jogging, galloping, hopping, marching, skipping

**ORGANIZATION:**

1. Select 1 of the 3 pattern cards for continuous movement in limited space.
2. Arrange cones if necessary.
3. Arrange students in selected formation.
4. Tell students in which direction to move.

**DESCRIPTION:**

1. On signal, students begin to walk in the selected pattern.
2. On signal, the movement changes to a:
  - a. Fast walk
  - b. March
  - c. Jog
  - d. Locomotor movement of the teacher's choice (e.g. skipping, galloping, hopping).

Try to incorporate  
Things they do at  
home i.e. Act  
out a recreational  
activity you love to  
do on weekends  
OR  
a chore etc...