

Objective 4

Demonstrates traveling skills

Related Objectives: 2c, 5, 8b, 11a

What You Do

- 1. Demonstrate different actions the students can make**, e.g., march forward or backward, take big or small steps, hop, jump.
- 2. Say**, “When I say “Go!”, start moving. Pay attention to how you move because when I say: ‘Pause, rewind!’, you will stop and do everything you just did in reverse.” **Model performing an action and then reversing that action.**
- 3. Say**, “Go!” **to signal the students to begin moving.**
- 4. Say**, “Pause, rewind!” **and encourage the students to perform their actions in reverse.**

- Invite the students to take turns leading the activity. Encourage the other students to copy the leader's actions.
- Incorporate more challenging actions, e.g., skipping, hopping on one foot.
- Ask the students to work in pairs, mirroring each other's actions.