

WIGGLES

GRADES: K-6

FORMATION: Standing in their own personal space

EQUIPMENT: None

LEARNING OUTCOMES: Health, Listening skills, Locomotor skills

SAFETY CONSIDERATIONS: Remind participants to be cautious when moving and to be aware of the personal space of others. Check that the participants have enough space to perform the activities safely.

RULES/DIRECTIONS:

Jog in place, while doing the following actions:

1. On leaders signal, the students begin to wiggle their fingers.
2. Then their fingers and wrists.
3. Then their fingers and wrists, and forearms.
4. Then their fingers and wrists forearms, and elbows.
5. Then their fingers and wrists forearms, elbows and shoulders.
6. Then their fingers and wrists forearms, elbows, shoulders and rib cage.
7. Then their fingers and wrists forearms, elbows, shoulders, rib cage, & hips.
8. Then their fingers and wrists forearms, elbows, shoulders, rib cage, hips.
9. Then their fingers and wrists forearms, elbows, shoulders, rib cage, hips, and knees.
10. Then their fingers and wrists forearms, elbows, shoulders, rib cage, hips, knees, and head.

Suggestions:

Start from your toes and work your way up (toes, knees, hips, etc.)

Play song “Head , Shoulders, Knees, and Toes” and do actions.

Use this activity for a health review when learning about the different parts of the body by changing up the easy to name body parts (fingers) with some harder ones to name (**gluteus maximus**).

