

Lesson Title: Animal Movement Games

Age Group: 3-5 years

Duration: 30-40 minutes

Theme: Movement and Coordination

Objective

At the end of the lesson, students will be able to:

- Mimic animals' movements to achieve gross motor skills.
- Enhance body coordination and balance through interactive play.
- Identify various animals based on their movements.
- Function in groups and engage in teamwork and social skills.

Materials Needed

- Animal picture flashcards
- Music player with animal sound effects
- Soft mats (for safety)
- Open play area
- Cones or markers for movement boundaries

Lesson Procedure

1. Introduction (5-10 minutes)

- Gather children in a circle and show animal flashcards.
- Ask students to say the name of each animal and describe how it moves (e.g., "How does a frog move?").
- Play short videos of animal sounds and ask children to guess the animal.
- Inform them that they will be playing games by moving like different animals.

2. Warm-up Activity (5 minutes)

- Lead a simple stretching exercise by mimicking the actions of animals:
 - Cat Stretch: Get onto hands and knees and arch like a stretching cat.
 - Bird Flap: Stretch out your arms and flap like a bird.
 - Snake Slither: Lie on the floor and slither like a snake.

3. Main Activity: Animal Movement Games (15-20 minutes)

- **Animal Freeze Dance:**

- Put on music and call out an animal (for example, "Hop like a bunny!").
- Children move as directed until the music stops, freezing in place.
- **Animal Relay Race:**
 - Divide the class into small groups.
 - Set up a brief relay course and assign each team a movement (such as bear crawl, frog jump, or penguin waddle).
 - Alternating, each child moves like his or her assigned animal to the
- **Follow the Animal Leader:**
 - A student is the "animal leader" and chooses an animal movement.
 - Other students follow, changing leaders every few rounds.

4. Cool-down and Reflection (5 minutes)

- Sit children in a circle and discuss:
 - "What animal was your favourite to imitate?"
 - "Which movement was easiest? hardest?"
- Do a calming breathing exercise, pretending to be a sleeping lion.
- Praise children for their cooperation and effort.

Assessment & Observations:

- Observe whether children can imitate the animal movements correctly.
- Note their participation and interest in activities.
- Assess their ability to follow movement instructions.

Extensions & Variations:

- Introduce new animals each week.
- Read a short story about an animal before the activity.
- Let children create their animal movements.