

READY

Children name fruits and vegetables while being led through various physical activity movements.

SET

- Establish a play space (20 x 20 paces) using cones or other boundary markers. Place the markers at the 4 corners of the play space to designate boundaries.

GO

1. Lead the children in playing Memory Movement by using the organization and teaching cues on the next page.

Memory Movement



TIME

- Prep — 5 minutes
- Activity — 30 minutes

MATERIALS

- *Optional:* 4 cones for boundaries
- *Optional:* Whistle or music



Memory Movement

ORGANIZATION

- Start the game by blowing the whistle, starting music, or by saying “Go!”
- Stop the game by blowing the whistle, stopping the music, or saying “Stop!”
- Call on one child to share his/her fruit or vegetable name. Then, develop a physical activity movement to go with that name. Call on younger children first. Movements may include: touching the ground, turning around, jumping high, marching in place, doing a jumping jack, touching their toes, etc.
- Continue the activity, adding more fruits/vegetables and movements, until time is up. Each time, have the children walk quickly around the play area before teaching them the next movement.
- Children do the new movement, but before they continue walking, they must name the fruits or vegetables that were called previously, and do the movements associated with them. For example:
 - Apple—touch the ground
 - Carrot—jump high, Apple—touch the ground
 - Pear—march in place, Carrot—jump high, Apple—touch the ground
 - Cucumber—touch your toes, Pear—march in place, Carrot—jump high, Apple—touch the ground

TEACHING CUES

- This game is a lot like *Simon Says*.
- When you hear the whistle blow, walk quickly in the play area without touching each other.
- When you hear the whistle again, stop where you are and think of the name of a fruit or vegetable.
- Raise your hand to be called on. If I call on you, you will tell us the name of your fruit or vegetable.
- I’m going to teach you a movement to go with the fruit or vegetable.
- Let’s all do the movement together.
- Now, let’s start walking again.
- When the whistle blows again, we’ll add another fruit or vegetable and a movement.
- Let’s put them all together now.

GO FARTHER

- Increase physical activity by having the children jog, skip, or gallop instead of walking within the boundaries.
- After the children have learned the activity, ask for volunteers to create new movements.
- When the activity is complete, have the children gather around and talk about the fruits and vegetables that they named in the activity. Have they eaten these fruits and vegetables before? Which are their favorites?

BRING IT HOME

- Children can play Memory Movement at home by themselves or with family or friends, making up their own movements and naming different fruits and vegetables to go with each movement.