

Alligator Swamp Trail

Group Size: 10-30

Age Group: K-2nd grades

Length of Activity: 5-10 minutes

Developmental Goal: To develop balance

Skills Practiced: Balance, coordination and awareness

Equipment Needed: Jump Ropes (if needed)

Set Up: Use existing lines on the yard or create them using jump ropes.

Before You Start:

- Make sure all students understand that the goal is to stay on the line (swap trail).
- Talk about how to pay attention to the person in front you so they don't accidentally knock their classmate off the trail.

How to Play:

- Give a description that you and the class are now entering the alligator swamp,
- To stay safe they must stay on the line, but if they step off they could get their foot chomped on by an alligator. Make sure to be dramatic to make it more fun,
- Have the children follow you around the swamp and tell them if you see an alligator near them!

Variation:

- Change the swamp into anything you can imagine (shark tank/volcano lava).

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