



Physical activity becomes fun as young children delight in this simple marching game.

### Supplies

- ★ Masking tape
- ★ Construction paper
- ★ Scissors
- ★ Music

# Indoor Marching Game

Skills Learned: Following Directions, Body Awareness, Large Motor Development, Leadership Skills

### Directions

- 1 Mark the path of a marching route on the floor with masking tape. (A circle or oval pattern will keep it simple and safe for younger children and for those with special needs.)
- 2 Using construction paper, cut out large squares, circles, rectangles, etc. Place these symbols along the marching path.
- 3 Choose and play music with a marching beat.
- 4 Ask the children to join you as you march in place to the music.
- 5 Instruct the children to follow you around the marching route. When you arrive at a symbol along the path, make up a fun physical activity that the children must stop and follow; then continue marching. (e.g., At the red circle, lead the children in doing 3 jumping jacks. At the yellow triangle, hop on one foot four times. At blue square, jump from side to side five times, and so on.)
- 6 When the song ends, repeat the activity to a new song. This time, choose one of the older children to lead and to decide on the physical activities she/he will lead the children in when she/he arrives at each symbol.

### Tips For Mixed Ages:

Toddlers and up will enjoy this activity. Children with special needs can partake in the march according to their abilities. If a child can't complete a certain physical activity, ask her/him to choose one she/he can do.



Major funding provided by



A production of KCET/Los Angeles in association with Sesame Workshop.  
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