

Originating Ideas:

My co-teacher and I noticed that the scholars have a lot of energy after eating breakfast in the morning. The scholars would finish breakfast they would run around the classroom, do flips, and throw books while waiting for the other scholars to get done. The “We’re running running, running” could be something to help our scholars be active in a unharmed way.

Materials:

No Materials

Curriculum content areas:

Approaches to Learning and Physical Development, Health and Well-Being

Beginning:

I told the scholars as soon as the first one got done eating breakfast to come behind and follow me as I ran in a circle and started chanting “We’re running, running, running. We’re running, running, running. We’re running, running, running and now we stop.”

Middle:

As all of the scholars started to finish breakfast everyone joined in the activity. Each scholar giving a suggestion of what the next movement should be.

End:

For transitioning into our next activity I had a scholar give our last action and that action put us into our sit spots. The chant was “We’re stomping, stomping, stomping. We’re stomping, stomping, stomping. We’re stomping, stomping, stomping. And then we sit.”

Follow Up:

I started a chant while the scholars cleaned up during center time saying their names and saying “Asher is cleaning up, Baylor is clean up, Lennox Anthony is cleaning up. And now we’re all done.”