



# GO FITNESS

## CATCH'EM QUICK ACTIVITIES

### GRADES K-2

**Name of Activity:** Picture This

**Equipment:** Cones to designate activity area, music, Animal Action Task Cards

**Skill Theme(s):** Traveling

**Movement Concept(s):** Effort (time, force, flow); spatial awareness (directions, pathways, levels, extensions)

**Organization:**

1. Students are scattered in a designated activity area.

**Description:**

1. On signal (music, whistle, drum), students begin walking randomly throughout the activity area.
2. Hold up an Animal Action Task Card. Students change their movement to imitate the animal displayed on the card.
3. Encourage all forms of safe movement interpretations. The movement is left to each individual child's imagination.
4. Hold up a different card after 15-20 seconds.

**Teaching Suggestions:**

1. Students might periodically need a break after 5-6 animal movements. Lead them in a few stretches and resume the activity.

**Now Try This:**

Use different themes, i.e., Halloween, physical activity, transportation, etc. Ask students to cut and bring the pictures from home.

**Halloween**

- ◆ ghost
- ◆ bat
- ◆ mummy
- ◆ skeleton
- ◆ spider
- ◆ pumpkin
- ◆ black cat
- ◆ pirate
- ◆ howling coyote
- ◆ Frankenstein
- ◆ goblin

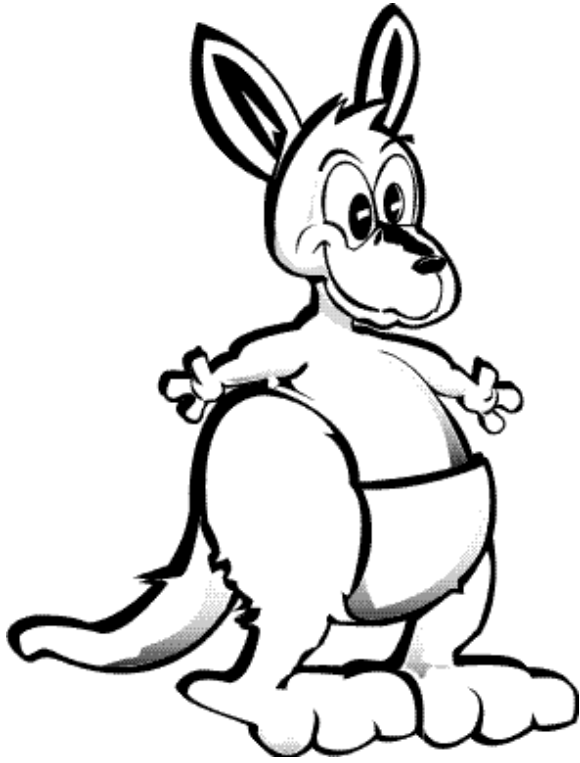
**GO Activity**

- ◆ basketball dribbling
- ◆ soccer
- ◆ ice skating
- ◆ rollerblading
- ◆ rowing
- ◆ swimming
- ◆ bicycling
- ◆ skateboarding
- ◆ snow skiing
- ◆ cartwheeling
- ◆ climbing

**Transportation**

- ◆ sailboat
- ◆ airplane
- ◆ chariot
- ◆ submarine
- ◆ rocket ship
- ◆ unicycle
- ◆ tugboat
- ◆ flying saucer
- ◆ carriage
- ◆ paddleboat
- ◆ sled

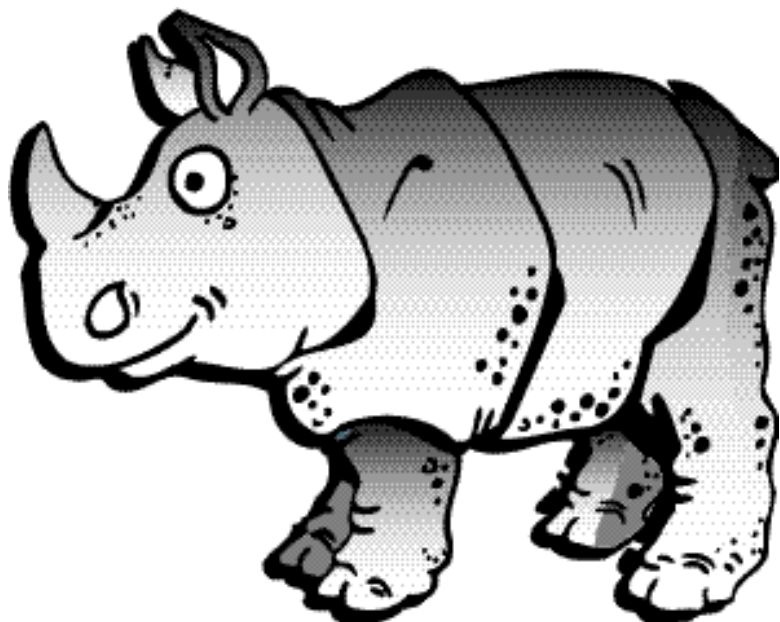
## Animal Action Task Card



**Kangaroo**

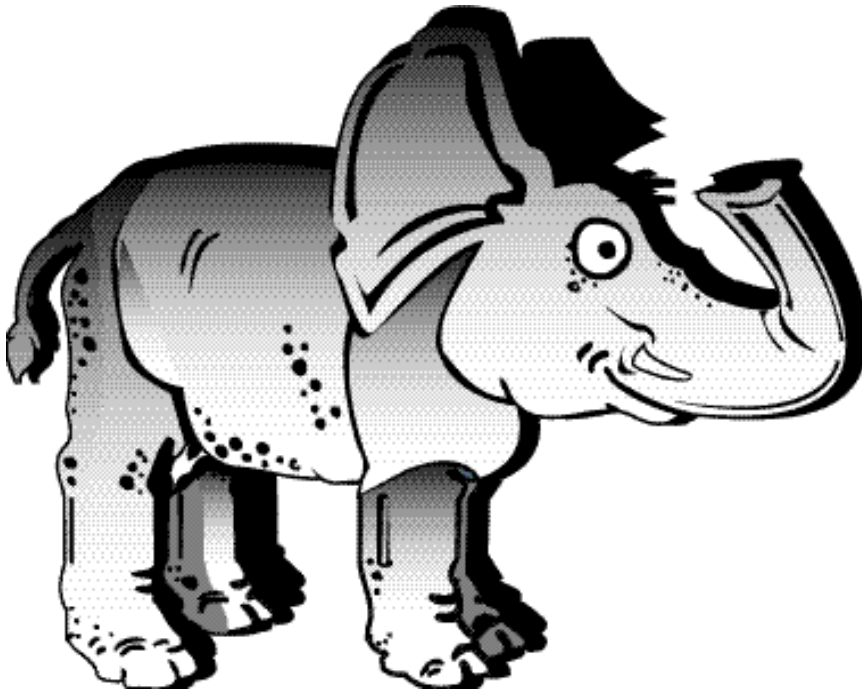
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## Animal Action Task Card



**Rhino**

## Animal Action Task Card



**Elephant**

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## Animal Action Task Card



**Eagle**