

# Gross Motor Lesson Plan: “Animal Movement Parade” (All Ages)

Classroom:

Teacher:

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## Learning Objective(s)

- Children will strengthen gross motor skills (balance, coordination, strength, and flexibility) through playful movement.
  - Children will practice listening and following directions in an active setting.
  - Children will build confidence in physical expression while engaging in imaginative play.
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## Materials

- Open space (indoors or outdoors) for movement
  - Animal picture cards (laminated for durability)
  - Music for transitions (optional: upbeat instrumental songs or animal-themed music)
  - Floor markers or cones to define movement paths
  - Optional: puppets, stuffed animals, or costumes for added engagement
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## Procedures

1. **Set the Stage**
  - Invite children to sit in a circle and introduce the activity:
    - “Today we’re going to move like animals! Can you guess how a frog jumps? Or how a bird flies?”
  - Show a few animal cards and demonstrate each movement (e.g., hopping like a frog, stomping like an elephant, crawling like a bear).
2. **Explain the Activity**
  - “When I hold up a card, we’ll all move like that animal until I switch to the next one. Remember to use your strong bodies and stay in your own space.”
  - Model safety expectations: “Use walking feet to switch animals, keep your arms safe, and watch your friends around you.”
3. **Set Up the Space**

- Place cones or floor markers to create a parade path or defined movement area.
  - Play soft background music to set the rhythm.
  - 4. Play the Game**
    - Show one animal card and guide the children in acting it out.
    - Rotate through animals every 30–60 seconds. Examples:
      - Frog (jumping)
      - Bird (flapping wings)
      - Elephant (stomping with arms as trunk)
      - Snake (slithering on the floor)
      - Kangaroo (big jumps with hands by chest)
    - Add challenges for older children, such as moving fast/slow, in a circle, or in pairs.
  - 5. Wrap-Up**
    - Gather children back into a circle for reflection:
      - “Which animal was your favorite to move like?”
      - “Which one made your body work the hardest?”
    - End with a calming movement, such as pretending to be turtles resting in shells.
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## Individualized Support

- Pair younger children with a teacher or buddy for guidance.
  - Offer simplified movements (e.g., clapping arms for “bird” instead of running).
  - Use visuals (animal cards, puppets, or stuffed animals) for children who benefit from concrete cues.
  - Provide encouragement and breaks for children with lower stamina.
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## Modifications & Extensions

### Infants & Toddlers

- Focus on basic movements like crawling, clapping, rolling, and bouncing.
- Use scarves or lightweight toys to encourage reaching and waving.
- Provide hand-over-hand support when needed.

### Preschool & Mixed-Age Groups

- Add sequencing challenges (e.g., “First hop like a frog, then stomp like an elephant”).
- Invite older children to be “leaders” and choose the next animal.
- Introduce obstacle courses using cones, tunnels, or mats to incorporate animal movements.

### **All Age Groups**

- Integrate animal songs or chants between movements for rhythm practice.
- Extend outdoors—act out animals in nature (birds flying across the playground, dogs running, crabs crawling in the sand).
- Incorporate cultural connections (e.g., animals from children's books or stories).