

Exploring a Cave

- **Purpose of Activity:** The purpose of this activity is to encourage children to practice good listening skills, cooperate with others, and consistently follow directions.
- **Standard:** Students will demonstrate competency in the motor skills and movement patterns needed to perform a variety of physical activities.
- **Objective:** Students will travel forward and sideways, changing directions quickly in response to a signal or obstacle using a variety of locomotor skills. Students will also develop the basic movement patterns and performance cues related to outdoor play. Students will show consideration for others while participating in the game.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment

Assessment Ideas:

- Sharing and taking turns is very important for both safety on the equipment and making the game more enjoyable.

Adaptations for Students with Disabilities:

- Children in wheelchairs can also participate. If certain exercises are beyond their capability, these students may choose to perform alternate exercises while following the story.

Story Overview

This activity combines a story with physical play.

1. Warm Up: The teacher will lead the students in a warm-up activity followed by a light stretch before the activity begins.
2. Tell the students that they will be taking part in a learning adventure during today's class.
3. Reinforce to students the importance of following directions as the story is being read to them.
4. If students are not listening, stop the story. The adventure will not continue until students start to follow directions again.
5. Tell everyone to try their best to perform the tasks in the story. If a student has difficulty, other members of the class can assist in helping that student accomplish the task.
6. Closure: The teacher will review some of the movements from the story. The teacher will also ask the students questions concerning the story.

CheckList

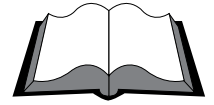
- ✓ Have you ever wondered what life would be like living in a cave?
- ✓ How would you survive?
- ✓ What would you use for clothes?
- ✓ How would you stay warm?

Today we are going to pretend that we are stranded on an island and must live in the island's caves. I hope everyone is ready. Let's join hands and take a quick walk around the island. *(Take the students on a walk all the way around the Adventure Series equipment.)*

See included CD for
electronic version.



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Exploring a Cave (continued)



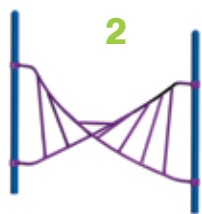
1

In order to reach the cave, we have to climb up the side of a small mountain.



3

The cave is very narrow; only one of us can fit through it at a time. Let's be patient and let each other have a turn going through the cave. It's completely dark in here! Let's all join hands so that we don't get lost in the darkness. *(Lead the students away from the equipment and have them close their eyes to imagine walking in the dark.)* Here, let me light a torch before we keep walking. Now we can see! *(Tell the students to open their eyes.)*



2

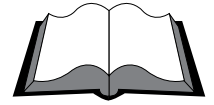
On the other side is a broken bridge that will lead us to the opening of the cave. Let's take turns carefully crossing the bridge.



4

Look over there -- it's a huge spider web. Let's see if we can climb over it without getting stuck.

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Exploring a Cave (continued)



5

Over there, I can see a light in the distance. Let's see what it is. *(Walk under the Zig Zag Slide.)* Look -- there's another cave opening. Let's walk through it. Suddenly, we hear a loud roar! It sounds like a lion, and he sounds like he's very hungry. Quick, let's climb up this ladder and go down the waterfall before the lion catches up to us!



6

At the bottom of the waterfall, we see another small hill we must climb up and over before we are finished.

When we reach the bottom we look back at the Cave and see the lion watching us from the top of the waterfall! Let's run as fast as we could away from the cave! *(Let the students run in the open space away from the Adventure Series Equipment. After a few seconds of running, gather the students together and form a circle before finishing the story.)* That was a fun trip, but I'm really glad I don't actually have to live in a cave!

The End