

The Center of the Earth

- **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 it would be like to see what is beneath the Earth's surface? Today we are going to take a journey to find out what exists at the center of the earth. We must first pack to be sure we have all the supplies we need for our quest.

- ✓ Did we make sure to pack our hiking boots?
- ✓ How about rope?
- ✓ Does everyone have warm clothing to wear?
- ✓ Who is making sure we bring flashlights?
- ✓ Water bottles?
- ✓ Food?

Finally, does everyone have a backpack filled with personal supplies that you may need for our trip to the center of the earth, such as cameras, extra clothes, and a sleeping bag?

See included CD for electronic version.

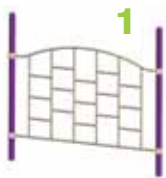


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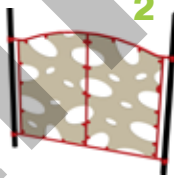
The Center of the Earth (continued)



It is now time we start on our journey. Everything is packed and we are getting ready to hop on a flight to the Grand Canyon. At the bottom of the Grand Canyon is a secret entrance that will take us to the center of the earth. The plane takes off and we begin to travel across the United States in search of the Grand Canyon. On our flight we see some amazing sites through the windows of the airplane. *(Walk quickly in a line around the outside of the Adventure Series Equipment, pretending that everyone is on a plane.)*



1 We have been given a special ladder to climb down the walls of the Grand Canyon. Each member of the group will take a turn climbing across a net ladder to reach the canyon wall.



2 Following the climb across the ladder, the group has made it to the canyon wall. Make sure that everyone has their hiking boots on -- we don't want anyone to slip! Let's make our way across the canyon wall until we reach the other side.

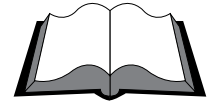


3 The narrow opening below us looks like a very difficult climb! Only one person can go at a time, and that means we will have to be patient as we wait our turn to climb through the narrow opening.



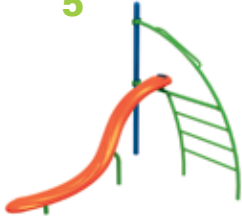
4 We now have made it to the tunnel that will lead us to the center of the earth. Luckily for us, some explorers that came through here before us have created an overhead bridge for us to climb across a giant chasm. Getting across this bridge should be easy.

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The Center of the Earth (continued)

5



It is getting darker underneath the surface, and we need to get out our flashlights to see where we are going. As we were reaching for the flashlights, the

leader of the group slips down a slippery passageway that leads deeper into the heart of the earth. The rest of the group follows down the slippery passageway.

6



When everyone reaches the bottom, we look around and see several animals sleeping. These animals do not look like they want to be bothered by us. We take a few quick pictures of the animals, and we continue on our journey. Going deeper into the

earth, we see a rock wall that we need to climb over. The group quickly climbs over the rock wall to see what was ahead of us.

7



The next thing we see is a waterfall. The water is crystal clear and we are very excited about going down a waterfall. Everyone takes turns climbing to the top of the waterfall and sliding down. So far, this is

the best part of our journey.

8



We continue on and come across a wall of rock with holes in it. We shine our flashlights through the hole, and bats come flying out! We ran around in circles to try to keep the bats from landing on us.

9



All of a sudden water starts gushing through those holes where the bats had left. The area around us is quickly filling up with water. We need a way out. All of a sudden we find another path. By the time we make it to the path it had become a water slide. We all take turns going down the water slide.

At the bottom of the water slide, we see a pathway that goes underneath the water slide. We follow it, and soon find that we have returned to where our adventure started. We are glad to see our plane waiting for us, because our feet are tired. We climb aboard the plane and are ready to return home.

The airplane takes off and we all look out the windows to see all the beautiful sites on our journey back home. *(Walk quickly in a line around the outside of the Adventure Series Equipment, pretending that everyone is on a plane.)* This is going to be a great story to share with everyone back at school.

The End