**Scrambled Eggs & Icebergs**

Have a few minutes and don’t know “what to do next???” Here’s an “egg”- ceptionally active game for the whole group. It promotes moderate to vigorous physical activity and an opportunity to practice gross motor skills and even some creative movement. Let the “egg”- citement begin!

Materials:

Indoor or outdoor space with boundaries (i.e. cones)

Procedure:

1. Children standing or sitting as they listen and watch as the directions are given and demonstrated.
2. When children hear the command, “scrambled eggs,” they are to jog (running at a slow pace) in the play space without bumping into each other.
3. When the command “icebergs,” is given, children are to freeze (children cease all activity) in place without falling down.
4. Other commands of locomotor transport skills/traveling actions will be given, such as jumping, marching, hopping, galloping, tiptoe, etc. When children hear that command they must switch to the new movement.
5. Example of how game would flow: “scrambled eggs” (jog), “icebergs” (freeze), “jump” (blasting off with two feet and landing on two feet), “scrambled eggs” (jog), “hop” (blasting off on one foot and landing on the same foot), “icebergs” (freeze), “marching” (a precise type of walk, accompanied by lifted knees and swing arms), “icebergs” (freeze).

Variations & Suggestions:

1. Try to trick children by repeating a command twice in a row.
2. Encourage creative movement by asking the children to “fly like an airplane,” “gallop like a horse,” “move like a train,” etc.
3. Ask the children give the movement commands or let one child be the game leader and give all the commands.

Goals:

1. Physical activity: any bodily movement produced by skeletal muscles that results in energy expenditure
2. Locomotor transport skills or traveling actions: body propels, projects, or moves from one location to another by jumping (with both feet), hopping (with one foot), galloping (step-hop with one foot leading forward), tiptoe (balance on balls of feet and toes with heels raised), skipping (series of step-hops done with alternate feet), among others.
3. Gross motor skills: using the large muscles of the arms, legs and trunk(to perform traveling actions)
4. Space awareness: knowing where the body can and should move in relationship to other people in the play space
5. Shared space: all of the designated play space that can be used by everyone.
6. Cooperative play: games and activities that the participants play together rather than against one another
7. Listening skills: ability to follow verbal directions