

Rabbit Food Lesson Plan

Time	Activity	Organization	Criteria
4 min	Warm-up: Rabbit tag	<ol style="list-style-type: none"> 1. Make sure that you establish boundary lines with cones 2. One child will be the rabbit tagger 3. Explain that during this game the rabbit tagger will be the only one that can tag the other rabbits 4. Place hula-hoops on the ground inside the boundary lines (rabbit holes) 5. The only way to move is to jump 6. If you need a break you can stay go to a rabbit hole and rest for 5 seconds (5-Mississippi) 7. There is also a person designated as the “un-tagger” who can un-tag any rabbits who have been tagged 	<ul style="list-style-type: none"> • Tag your partner by using two hands or a pool noodle between the shoulders and waist (on his/her back) • If you push your partner too hard and/or he/she falls down, you will not be able to participate • Play until participants seem to be tired
	Read Rabbit Food	<ol style="list-style-type: none"> 1. Sit and listen to the story 2. While the instructor is reading the story, have another participant demonstrate the stations 	<ul style="list-style-type: none"> • Make sure that the participants can listen and see the book but also watch the stations • (Semi-circle in the middle of all of the stations)
	Identifying vegetables: throw ball or beanbags toward the food on the wall	<ol style="list-style-type: none"> 1. Place construction paper cut- outs of a variety of foods, including celery, tomatoes, peas, carrots, and mushrooms (rabbit food) and place them on a wall. 2. Step and throw toward the rabbit food to hit the food 3. Clean area before rotating to next station 	Throwing: <ul style="list-style-type: none"> • Arm back-throw • Step forward with your foot opposite of your throwing hand and throw • Follow through with your arm across your body

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	Soccer: kick the soccer ball toward your partner	<ol style="list-style-type: none"> 1. Each child should be in self space within assigned area 2. Kick the soccer ball to the goal from different spots and distances 3. Clean area before rotating to next station 	Kicking: <ul style="list-style-type: none"> • Balance on one foot • Swing foot behind stationary leg • Push the ball toward your target with your toes • Stay on your feet and follow through
	Bunny Jump: see how high you can jump	<ol style="list-style-type: none"> 1. Have two participants hold a pool noodle at varying heights (start very low) 2. See if the participants can jump over the bunny jump; each time the group of participants jump successfully over the noodle, have the participants holding the noodle raise the height of the noodle (do not go any higher than your waist) 3. Take turns jumping over the bunny jump 4. Clean area before rotating to next station 	Jumping: <ul style="list-style-type: none"> • Take off with feet together • Land with feet together • Make sure your legs stay together
	Tug of War	<ol style="list-style-type: none"> 1. Participants go on either side of the rope (rope has a scarf tied in the middle) 2. Make sure that the teams are equal on each side 3. Pull the rope until the scarf is on one side of the rope 4. Clean area before rotating to next station 	<ul style="list-style-type: none"> • Hold onto the rope with both hands • Don't let go of the rope until everyone is ready • If you push or hurt another participant during the game, you won't get to play
	Up the mountain: run	<ol style="list-style-type: none"> 1. Start at the starting line and see who can run "up the mountain" first 2. Clean area before rotating to next station 	<ul style="list-style-type: none"> • Don't push your friends or cheat • Elbows are bent • Arms swing in opposition to legs • Heel-toe contact with high heel recovery
	Cool down	Sit back on a spot	