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**Egg Hunt**

**Lesson Overview:** Students get a chance to take a fun movement break while working on basic reading skills as well as locomotor movements.

**Grade Level:** K-3rd

**Lesson Time:** 15-30 minutes

**Prior Knowledge:** Students should know how to do locomotor movements.

**Materials Needed:**
- Plastic eggs (a few more than the number of students) marked on the inside with the following letters: sl, sk, h, j, r, g, l, and w (can write the letters on the inside or label a piece of tape to attach inside each egg)
- Poster showing what each of the letters represent (sl=slide, sk=skip, r=run, g=gallop, j=jump, h=hop, l=leap, w=walk)
- A basket to hold the eggs
- Music

**Content Integration:**
- Reading
- Physical Education

**Corresponding Standards:**

**Oregon Standards**
- Promotion of Physical Activity
  - Acquire knowledge and skills to understand the role physical activity has in promoting health.
- Expressive and Efficient Moving
  - Demonstrate knowledge of a variety of motor skills.

**National Physical Education Standards**
- Demonstrates competency in a variety of motor skills and movement patterns.
  - Locomotor
- Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
  - Physical activity knowledge
  - Fitness knowledge

**Lesson Objective:**
Students will practice movements to build fitness.
Lesson Description:
1. Lead-in: Distribute eggs around the area and tell the class they will be going on an egg hunt.
2. Step by Step:
   a. Students each pick up an egg and open it to see what movement to use.
   b. After seeing the type of movement, close egg and move as designated to get another egg.
3. Closure: Talk about moving leads to better physical and mental health.
4. Extension or Next Step:
   Can have students perform the locomotor skill while music is playing and choose a new one when the music stops.

Differentiation:
- Advanced: Can create more difficult movement ideas to put inside egg.
- Struggling: Can pair up students to help if needed.