

Over and Under

Introduction: Kindergarten students are notorious “wiggle worms.” They seem to be in constant motion in the classroom, on the playground, and even at lunch! This activity will provide kindergarten students with a chance to move and learn their ABCs or 123s.

Grade Level and Subject: Kindergarten Language Arts, Math, and P.E.

TEKS: Language Arts – 4A, 7A
Math – 6B
P.E. – 1C, 1D, 1F, 3B, 3C

Materials: balls (soccer ball, basketball, etc.)

Resource: *The Ultimate Playground & Recess Game Book* by Guy Bailey. ISBN: 0-9669727-2-4

Activity: The teacher should divide the students into equal groups. Each group will stand in a straight line (one student behind the other) with approximately 2-3 feet between the students. The first student in each line will be handed a ball. When the teacher sounds the starting signal, the first student in each line passes the ball to the player behind him or her by handing it over his or her head. At that time, the first student will shout out “A” for the first letter of the alphabet.

The second student in each line, after having been handed the ball, will pass the ball between his or her legs to the next player. At that time, that student should shout out “B.” Play will proceed with the students handing the ball either over their heads or between their legs, shouting out the next letter of the alphabet.

Once the ball has gotten to the end of the line, that student should run with the ball to the start of the line and continue the over and under ball play, calling out the next letter in the ABCs. The first team to get to the letter Z without any mistakes wins. If a team makes a mistake, the teacher has some options. Depending on the skill (whether it is learning, practice, or reinforcement), the teacher can stop play until the mistake has been sorted out, or the team can start all over again at the letter A.

This activity can also be done with numbers. Children in kindergarten need to be able to count to 100.

Evaluation: The teacher’s role in this activity is to ensure that the activity is running smoothly and to listen for mistakes. The teacher should observe and monitor the action until play has ended.



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