

## Running Colors

**Introduction:** This activity takes some basic objectives that all kindergarten students should learn and places them in a fun-filled and action-packed lesson. The teacher will have to complete some work before the activity begins, but it will be worth all of the work when the students are having all of the fun!

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

**TEKS:** Language Arts – 1A, 4A  
Math – 9C  
P.E. – 3A, 3B, 6A, 6B, 7A, 7B, 7C

**Materials:** large sheets (11×17) of construction paper (laminated, if possible)

**Resource:** *201 Games for the Elementary Physical Education Program* by Jerry D. Poppen. ISBN: 0-13-042061-1

**Activity:** The teacher must do some preparatory work before this activity can begin. He or she should cut these shapes from the construction paper: circles, triangles, rectangles, and squares. As the teacher, you will know which colors to use as the colors used will be the ones the class has studied. Based on class size, the teacher will need to cut anywhere from five to ten of each shape in each color. Laminate the shapes, if possible, for better durability.

Once the shape/color mats have been made, the teacher should use the gym or any large playing area to set up the activity. It is advised that this activity be played indoors, as the mats might not stay very secure in outdoor areas. In fact, the mats should be taped to the gym or playing area floor. They should be randomly placed all around the floor, with plenty of room for maneuverability around them. Once the mats have been placed securely on the floor, the activity can commence.

The students are to come into the gym or playing area and stand along the perimeter of the playing mats. When the teacher calls out a color and/or a shape, the students should run to the mat that corresponds with the said color or shape and stand on it. The teacher will check the students' choices of mats. Once all student choices have been checked, the students are to go back to the perimeter of the mats. The game begins again with the students running to the correct shape/color mat that the teacher has called.

The teacher has several options with this activity. Based on the number of mats and the number of children participating in the lesson, he or she can test for color recognition only, for shape recognition only, or for both. If the mats are laminated, they can probably be used again as the students become more comfortable with their colors and shapes. Another option the teacher can utilize is having the students use a different locomotive skill (hopping, jumping, skipping, etc.) to get to the correct mats.

**Evaluation:** The teacher will check for accuracy as the students place themselves on mats during the activity. Since each shape and color will be represented by the mats, any confusion can be corrected as the teacher can show and discuss each color and shape with the students.



CANCER PREVENTION &  
RESEARCH INSTITUTE OF TEXAS

Updated February 2016