

Purpose & SOL

- Students will be able to identify the names and general locations of the rivers in Virginia.
- Social Studies VS.2c

Materials

- 6 cones of each different colors (purple, red, yellow, green, blue)
- Place purple cones in a horizontal line about 5 feet apart to represent the Potomac River.
- Place red cones in a horizontal line about 5 feet apart and about 5-8 feet below the purple cones to represent the Rappahannock River.
- Place the yellow cones in a horizontal line about 5 feet apart and about 5-8 feet below the red cones to represent the York River.
- Place the jade green cones in a horizontal line about 5 feet apart and about 5-8 feet below the yellow cones to represent the James River.
- Use blue cones to create a large circular area where the last of each colored cone is located to indicate the Chesapeake Bay

Length
25 min.

Introduction

Tell students they will be traveling each of the 4 main rivers that flow into the Chesapeake Bay. Begin by explaining to the students how they will travel down each river. Say the name of rivers and students demonstrate how they will travel.

PADDLE down the Potomac.

RUN down the Rappahannock.

YO-YO, or yodel, down the York.

JUMP ROPE down the James.

Implementation

Relay

- 1) The purple group will PADDLE down the Potomac.
- 2) The red group will RUN down the Rappahannock.
- 3) The yellow group will YO-YO, or yodel, down the York.
- 4) The jade-green group will JUMP ROPE down the James.
- 5) They will all end up in the Chesapeake Bay and they will crab walk in the bay until everyone has entered the bay. Ask students why you asked them to crab walk. It is because the Chesapeake Bay is known for crabs!
- 6) When all the students are in the bay, tell everyone to “freeze”.
- 7) Then tell students that when you say “go”, they will crab walk or swim to get back and get in line at the river that is south of the one that they had been traveling through before. If they were at the James, they will go to the northernmost river, the Potomac.
- 8) Say ‘go signal’ and repeat the process until everyone has gone down all 4 rivers.

Cool Down

Have students reach up to the sky and fold forward toward their feet. Repeat this 3 times. Discuss North and South with standing straight up and bending straight down.

Modifications

This game is best played outside on grass.

Ask students what major cities they traveled through as they went down each river.

For more practice- give clues to students about a river and students demonstrate by movement which river is being described



River Run of Virginia

