

Purpose & SOL

- Students will locate selected rivers (James River, Mississippi River, Rio Grande), mountain ranges (Appalachian Mountains and Rocky Mountains), and lakes (Great Lakes) in the United States.
- Social Studies SOL 2.5b

Materials

- 6 Baskets to hold landform cards
- 6 Colored cones
- 6 sets of Landform cards/ Exercise cards (below)
- 6 Copies of Landform maps available at: www.teacherspayteachers.com/Product/United-States-Map-Mountains-Rivers-and-Lakes-Locate-Places-on-a-Map-1-1545694
- Notebook paper labeled 1-6

Length
25 min.

Introduction

Begin the lesson start with a game of seats up. All students will stand behind their desks. When a child answers a question about the location of a landform correctly, the student gets to switch seats with another student. This quick review will prepare students for the game.

Implementation

Relay

- 1) The teacher will divide students into groups no larger than 4.
- 2) Each group will have a map and a specific cone color, as their starting point. Set baskets with landmark cards to be collected a few feet away. The students should stand in line behind the starting point.
- 3) Students will travel to their identified basket and collect one landform/exercise card and bring it back to their group. (Students will travel in the manner in which the teacher indicates like: skip, hop, gallop, heel walk, etc.)
- 4) As a group, students will decide which number the landform card represents and write it down on their answer sheets. If it is an exercise card, students will complete the exercise listed.
- 5) Once all students in the group have written their answers or have completed the listed exercise, the next person may travel accordingly and collect the next card.
- 6) This process will repeat until all landform/exercise cards have been collected.

Cool Down

Review answers and complete a series of deep breaths to cool down.

Modifications

Students can place landmark cards on the map in their correct locations instead of writing their answers.



JAMES RIVER

15
JUMPING JACKS

**MISSISSIPPI
RIVER**

20
SKY PUNCHES

RIO GRANDE

10
PUSH-UPS

**APPALACHIAN
MOUNTAINS**

20
WINDMILLS

**ROCKY
MOUNTAINS**

15
JUMP ROPES

GREAT LAKES

10
SCISSOR KICKS