

## Purpose & SOL

- Students will recognize colors and participate in fitness activities.
- Science K.4a

## Materials

- Fruit and color cards (see attached)
  - Clip Art courtesy of Microsoft Office
- Scraps of paper of different colors can also be used

**Length**  
15 min.

## Introduction

Review the colors of the rainbow by naming some fruits and vegetables that represent each color.

## Implementation

## Exercise the Answer

- 1) Hand each student a card.
- 2) After they have received a card, they should begin moving around the space (walking, skipping, hopping, heel walking, tip toeing, etc).
- 3) When all cards are out and all students are moving around have them freeze.
- 4) Once everyone is frozen have them crouch down in their space.
- 5) Call out a certain color, whoever has that color stands up and does a certain movement (sky punches, jumping jacks, heel raises, cross crawls, etc.).
- 6) Keep calling colors until ALL students are doing the movement.
- 7) Do 5 or 10 more of the movement together.
- 8) Bring everyone back to a central location (i.e. the carpet or the center of the room or space).
- 9) Have students whisper trade their cards.
- 10) Repeat from step 3 until out of time or students are exhausted.

## Cool Down

On the final round of movements, when their color is called, have students stand up and do a stretch or pretzel arms instead of an exercise. Finish by having students turn in their cards when their color is called one final time.

## Modifications

Assign specific movements to each color (i.e. red – hop, blue – squat, etc.)



**Red**



**Orange**



**Yellow**



**Red**



**Orange**



**Yellow**



**Green**



**Green**



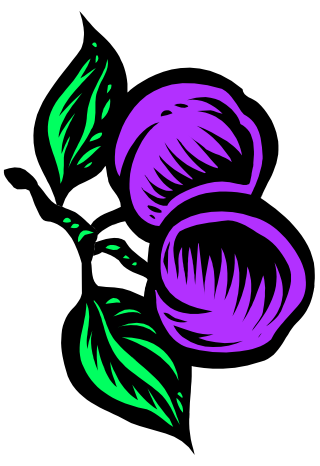
**Blue**



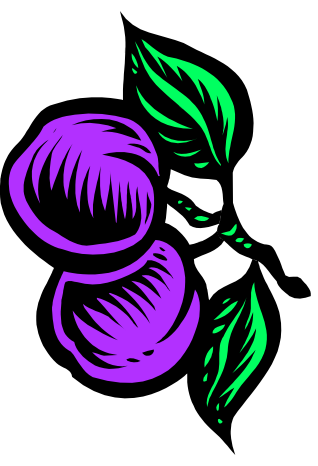
**Blue**



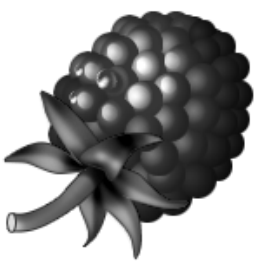
**Purple**



**Purple**



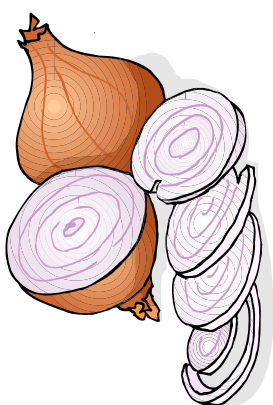
**Black**



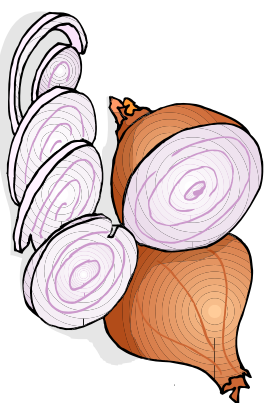
**Black**



White



White



**Brown**



**Brown**

