



The BLUES Go Birding Across America

Stations Activity: Physical Flit-ness

(adapted from A Teacher's Guide to Fly in the Sky)

Objective: Children will participate in various physical fitness exercises related to bird behavior.

Materials:

- Lively music
- Ping pong balls
- Large box or waste basket
- Jump ropes

Prep:

Set up stations with signs and equipment:

Station 1—Flap wings like the Ring-billed Gull: children do jumping jacks

Station 2—Peck at food like the Northern Cardinal: children reach up and down touching their toes

Station 3—Lay eggs like the Bald Eagle: children toss ping pong balls into a box or waste basket

Station 4—Hop on the ground like the American Robin: children jump rope

Station 5—Paddle in the water like the Mallard: children run in place while moving arms

Directions:

1. Show the illustration of the Ruby-throated Hummingbird at the bird feeder. Tell children that although it is the smallest bird found in eastern North America, it flies non-stop for 25 hours as it migrates across the Gulf of Mexico to Mexico and Central America. That's a long ways! The hummingbird has to be in top physical condition to make the trip.
2. Tell the class that they are going to play a game called "Physical Flit-ness" as they flit from station to station around the room. At each station they will perform a bird-related physical activity. Demonstrate the activity at each station around the room.
3. Divide the class into five groups and assign them a beginning station.
4. Play lively music and have students perform the physical activity until the music stops. When the music stops, shout "FLIT," and have the children move to a new station. Continue playing until the children return to their beginning station.
5. Ask children which stations were their favorites. Did they get tired at any of the stations? Have students suggest other activities they could do to stay physically fit.

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