



Active Minds Active Bodies



Duck on a Bike

By David Shannon
The Blue Sky Press, 2002

Book Title: Duck on a Bike

Purpose: To encourage children to be physically active in response to the story. Recognizing and adapting to the space that is available.

Suggested space:

- ✓ Circle Time
- Outdoor space
- Large space
- Small space

Required equipment: None

Activity: Read the story to the children.

Active Movement Activity: Bicycle Ride

Objective: To demonstrate how a bicycle can be ridden in order to be physically active and have fun.

Description: Have the children discuss what they need to wear if they are going to ride a bike. Have them put on an imaginary helmet. Put them on in an exaggerated manner to solicit happiness. Hold onto imaginary bicycle handles and begin pedaling.

Initially start by having the children pretend to ride their bikes while standing. Do different tempos fast, medium and slow. Have the children move around the circle riding forwards, moving one way in the circle and then change direction to ride the other way. Imagine riding up a steep hill, coming to a stop etc. Then try lying down on your back with your legs in the air. Keep pedaling and do different tempos - fast, medium and slow.

Variation: Play music that has different tempo speeds.

Closing activity: Return to the book and review the story. Ask questions about what is safe what is not safe? Why are some characters not wearing helmets? Is it because they are animals and that this is an imaginary story? Why do we wear helmets? If possible bring in a real helmet and demonstrate how it should be worn. Talk about the different terrain in the story incorporating into the discussion what they have seen in the story.