

# SPEED RACER

## WARM-UP

### MUSICAL IMAGINATIVE PLAY

By Jeannie McCarthy, Arizona Sunrays Gymnastics

**H**ere is a cool idea that originated with Diane Havens of Kids In Action, Texas. She shared this super fun warm-up at a Gym Jam Preschool Teachers Workshop. This would be an exciting warm-up, if you were doing a themed lesson regarding "transportation" or the Indy 500 race. Birthday parties, camp days, Kids Night Out events are all great opportunities to play this fun game!

Warning! This activity is high on the F-U-N meter! The kids will ask if they can do this week after week! My students have provided additional ideas!

The "Speed Racer" warm-up activity is performed to the song of the same name on Mickey Sports Songs CD @ 1996 [www.disney.com/Disney-Records](http://www.disney.com/Disney-Records). Or use the Beach Boys "Fun Fun Fun" song. Also, Sugar Beats Entertainment has a CD called Car Tunes with a version of the Beach Boys song, "Fun Fun Fun."

### ACTIVITY SET UP AND PROPS

- 1) "Speed Racer" song is on Mickey Mouse's Sports Songs CD. Or use the Beach Boys or Sugar Beats CD "Fun Fun Fun" song.
- 2) Tug of War rope or jump ropes laid out in an oval shape, like a racetrack.



3) Hula hoops to use as steering wheels, one per student.

4) Vinyl arrows inside the oval to show the direction of traffic flow.

5) Horn to toot.

In a nutshell: once the activity is begun, music is played non-stop in the background. The children pretend to be driving cars. The students hold a hoop outstretched in front of them to simulate a steering wheel. Periodically, the instructor toots a clown horn (pretend car horn) to signal the cars to STOP. Next, the instructor quickly calls out an action command. The children resume action until they hear the horn honk again.

### BEGIN WITH THE GROUP IN THE CENTER OF AN UN-OBSTRUCTED AREA.

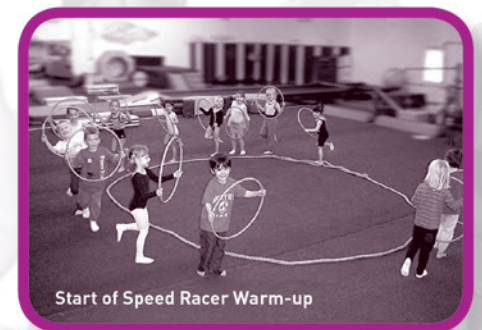
Place a giant tug-of-war rope on the floor in an oval shape, or set down jump ropes end to end. This simulates a racetrack.

Gather all of the students off to one side of the activity area. Hand out 'steering wheels.' Point out to the "drivers" which way traffic will flow, clockwise or counter clockwise. One highway rule is that you are permitted to pass others.

The teacher yells out the commands and demonstrates the moves as the music is playing in the background. For younger students, it

would be wise to practice the motions **without the music** BEFORE beginning the activity. *You'll get a few new ideas from the kids, too!*

### COMMENCEMENT OF ACTIVITY



Keep the music running constantly. This is not an "ON" "OFF" listening game. For ease in calling out new actions, simply turn the volume down for a moment.

"Red light" "Yellow light" or "Green light" will bring about the proper responses. Calling out these three typical commands will be a great way to begin the activity.

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Yellow Light = moving slowly

In order to not confuse the kids, only select 4-8 of the commands below. **Teach them the command word and the associated movement response.** When you draw up your list of favorite commands, be sure to include the command **"Freeway"** often so that running will be a plentiful activity.

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Begin with the students off to the side of the racetrack. Pre-

tend to buckle up your seat belts. Put keys into the ignition. Rev your engines. Back up your car (to spread out) then call out **"FREEWAY!"** Turn on the music!

**"Freeway!" = RUN**

**"Bumpy road" =** jump on two feet forward

**"Flat tire" =** hop on one foot forward

**"Freeway!" = RUN**

**"Icy road" =** spinning full turns with hoop held out in front of self

**"Mud" =** march in place

**"Car wash" =** stand in place while jumping with hip twist, hoop moves across front of self from left to right, or do the hula hoop action

**"Freeway!" = RUN**

**"School zone" =** move slowly (similar to Yellow Light)

**"Bumpy road" =** jump again

**"Break down" =** fall to floor

**"Steam roller" =** log rolls

**"Freeway!" = RUN**

**"Out of gas" =** fall to floor face up, both legs up



Out of gas!

**"Fill 'er up" =** while in previous position, shake one leg as though filling up with gas

**"Green light" =** run

**"Spin out" =** set hoop on floor, sit in it, seated tuck and spin on bottom

**"Wipers" =** set hoop



End of activity traffic jam = holding the hoop of the child in front of self!

Close up of traffic Jam

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on floor, sit in it, V-sit with open and close of legs

Park your cars and do a few static positions and stretches.

Here are a few extra commands to use with your older students.

**“Rail Road Crossing”** = stop and look both ways until teacher says, “All clear!”

**“Pot holes”** = seated tuck on floor and scoot forward on bottom.

**“Car repair”** = kids stop and lie on their backs in a tuck (like a dog playing dead) and say ‘hurry, hurry!’

**“Bumper Cars”** (like in the amusement park) = move helter-skelter and bump each other carefully

**“Deer on the road”** = keep your pretend horn that is in the center of your hoop

**“Ambulance”** = pull off to the side and march in place

**“Police Person”** = stop car and roll down window and say, “Hello Officer!”

**Snow plow** = place hoop on floor, kneel on all 4’s and slide hoop forward as you crawl

You can be assured that this is an aerobic activity that will increase the children’s fitness while using their



imagination! Drive carefully and have a blast with your students.

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