

Five Little Monkeys

STAY ACTIVE

This movement adventure combines storytelling, a singalong, and physical exercises, encouraging students to stay active, follow directions, and have fun while imagining themselves as playful monkeys.



Learning Intentions

I can follow along with an interactive story and perform physical exercises:

Students will engage in a fun singalong story where they will participate in physical challenges related to the nursery rhyme.

I can work my muscles and stay active while enjoying a song:

Students will complete various physical exercises like squats, jumps, and crawls while following the story.

I can use creativity and coordination while performing movements:

Students will imagine themselves as little monkeys, participating in fun movements that build their strength, coordination, and flexibility.



Success Criteria

Active Participation in Exercises:

Students will enthusiastically participate in each movement as part of the singalong, staying engaged throughout the activity.

Following Directions and Completing Movements:

Students will correctly perform each exercise based on the story's prompts, showing focus and coordination.

Creative Engagement with the Story:

Students will pretend to be monkeys, responding to the story with enthusiasm and creativity, contributing to the fun atmosphere.



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Objective:

This movement adventure combines storytelling, a singalong, and physical exercises, encouraging students to stay active, follow directions, and have fun while imagining themselves as playful monkeys.

Players:

Ideal for small groups, classrooms, or larger groups.

Materials:

- A projector or screen to play the attached video.
- Enough space for students to move around and perform exercises.

Setup:

1. Have students stand in a large open space.
2. Play the singalong nursery rhyme with sound effects as students follow along with the exercises.
3. Follow the script below, completing exercises whenever the music plays, and performing star jumps during the sing-along parts.

Gameplay:

1. Five little athletes doing plank jacks on the bed:

Scenario: "Five little athletes are jumping on the bed. One fell off and bumped his head!"

- **Action:** Perform **plank jacks** for 20 seconds as the sound effects play.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "Complete **10 squat thrusters** before getting back on the bed!"
- *(Perform squat thrusters for 20 seconds)*

2. Four little athletes doing jump squats on the bed:

Scenario: "Four little athletes jump on the bed. One fell off and bumped his head!"

- **Action:** Perform **jump squats** for 20 seconds.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "Complete **10 burpees** before getting back on the bed!"
- *(Perform burpees for 20 seconds)*



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3. Three little athletes doing push-ups on the bed:

Scenario: "Three little athletes are doing push-ups on the bed. One fell off and bumped his head!"

- **Action:** Perform **push-ups** for 20 seconds.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "Complete a **20-meter bear crawl** before getting back on the bed!"
- *(Perform bear crawls for 20 meters)*

4. Two little athletes doing push-ups on the bed:

Scenario: "Two little athletes are doing push-ups on the bed. One fell off and bumped his head!"

- **Action:** Perform **push-ups** for 20 seconds.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "Complete **20 lunge jumps** before getting back on the bed!"
- *(Perform lunge jumps for 20 seconds)*

5. One little athlete doing sit-ups on the bed:

Scenario: "One little athlete is doing sit-ups on the bed. One fell off and bumped his head!"

- **Action:** Perform **sit-ups** for 20 seconds.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "Complete **20 beetles** before getting back on the bed!"
- *(Perform beetle crawls for 20 seconds)*

6. One silly instructor doing squat jumps on the bed:

Scenario: "The instructor joins in with squat jumps on the bed. But oh no! They fall off and bump their head!"

- **Action:** Perform **squat jumps** for 20 seconds.
- *Pause for sound effects.*
- *Follow the doctor's instructions:* "No more jumping on the bed!!"

Winning the Game:

This activity is focused on fun and physical activity, rather than competition. The goal is for students to engage in all the movements, stay active, and enjoy the story and exercises together.



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Variations for Different Settings:

1. Outdoor Edition:

Take the game outside to have more space for running, crawling, and jumping.

2. Family Edition:

Families can join in, with parents and students participating in the movements together.

3. Team Edition:

Divide the class into teams and have each team work together to complete the movements and enjoy the adventure.

Additional Notes:

The **Five Little Monkeys Singalong Movement Adventure** provides a creative way for students to stay fit while using their imagination. By combining the fun of nursery rhymes with physical activity, it's an engaging way to start the day or end a session with laughter, movement, and energy! Perfect for early learning years classes, it will get everyone active and excited for the day ahead!

