

## Materials Needed

- Cones (3-4)
  - A ball (any type)
  - A jump rope
  - Hula Hoop (optional)
  - Paper or index cards
  - Marker
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## Introduction: Adverb Warm-up (5 minutes)

Let's get moving! Today, we're going on an 'Adverb Adventure' where we'll use special words called relative adverbs: **where**, **when**, and **why**. These words help us know more about location, time, or reasons!

Warm-up Activity: Follow the Leader - 'When'!

- Jog in place. **When** I clap once, jump! **When** I clap twice, touch your toes!
- Do arm circles. **When** I say 'forward', circle forward. **When** I say 'backward', circle backward.

## Activity: Adverb Adventure Stations (20 minutes)

We'll set up a few fun stations! I'll give you instructions using our special adverbs.

### Station 1: The 'Where' Zone

- Set up cones in different spots.
- Task: 'Run to the spot **where** the red cone is.' 'Hop on one foot to the place **where** the blue cone sits.' 'Crab walk to **where** the green cone is placed.'

### Station 2: The 'When' Challenge

- Use the jump rope or just jump in place.
- Task: 'Start jumping **when** I say GO, and stop **when** I say STOP.' 'Try to jump high **when** you hear the music beat (play some music if possible).' 'Do 5 jumping jacks **when** I hold up the ball.'

### Station 3: The 'Why' Corner

- Use the ball or hula hoop.
- Task: 'Bounce the ball 10 times. Think about **why** bouncing helps hand-eye coordination.' (Discuss briefly after). 'Hula hoop (or try!). Explain **why** moving your hips like that keeps the hoop up.' 'Let's do 5 push-ups or wall push-ups. Can you tell me **why** push-ups make our arms stronger?'

## Cool Down & Review: Adverb Stretch (5 minutes)

Time to cool down our bodies and review!

- Gentle stretching (touch toes, arm stretches).
  - As we stretch, let's talk:
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- 'Tell me **where** we ran today.' (Answer: To where the cones were).
- 'Tell me **when** we started jumping?' (Answer: When you said GO / When the music played).
- 'Tell me **why** warming up before exercise is important?' (Answer: To prevent injuries, get muscles ready).
- 'Tell me **why** cooling down is helpful?' (Answer: To help muscles relax, bring heart rate down).

Great job on your Adverb Adventure! You moved your body and used your brain!