

Objective

By the end of this lesson, the student will be able to engage in water-gun games while improving their physical coordination and gross motor skills.

Materials and Prep

- Water guns
- Water source (e.g., hose or bucket)
- Outdoor space with enough room for running and playing

No prior knowledge or preparation is required for this lesson.

Activities

- Activity 1: Water Gun Target Practice
Set up various targets (such as empty plastic bottles or floating objects) in the outdoor space. Encourage the student to aim and shoot the targets using their water gun. Provide feedback and praise their efforts.
- Activity 2: Water Gun Relay Race
Divide the student into teams or have them compete against a timer. Set up a relay race course with markers or cones. Each student takes turns running to a designated point, shooting their water gun at a target, and returning to tag the next person in line.
- Activity 3: Freeze and Squirt
Play some music and have the student dance or move around. When the music stops, they must freeze. Once frozen, they can squirt their water gun at a target or another designated area. Repeat this activity multiple times.

Preschool Grade Talking Points

- "Water guns are a fun way to play and stay active."
- "When we aim and shoot at targets, we practice our hand-eye coordination."
- "Running and playing with water guns can help us get exercise and make our bodies stronger."
- "In the relay race, we take turns and work as a team to finish the race faster."
- "Freeze and Squirt is a game that helps us listen to the music and move our bodies."
- "Remember to always play safely and follow any rules or instructions given by an adult."