

## Sneaky Snake

**Objective:** Learn to control one's body and movement through the development of gross motor skill.

**Equipment:**

- Streamers, thin rope, several jump ropes, or thick yarn
- 4-6 Chairs

**Set up:** Place the chairs in parallel lines, 2' apart, with the backs of the chairs facing each other. Then thread the streamer or rope back and forth between the chairs, about 18" to 24" off the ground.

**Directions:**

1. Have children move throughout the room under that streamers making sure not to break them—they can scoot, slide or crawl under them.
2. Each time they go through, change up how they get through.

**Change up:**

- Make the course longer.
- Let children step over and between the streamers, rather than going under.
- Make it harder by having them carry something while they go over the streamers.
- Change the streamers so that some are lower to the ground and some are higher off the ground. As children go through, they have to decide whether they should go over or under.