

OUTSIDE ACTIVITIES

Grades K-2 & 3-5

Grains to the Mill Game

Preparation: None

Equipment: None

Space: Gym or playing field

Directions:

1. Divide students into four or five groups.
2. Each group will be a type of grain, for example: wheat, oats, rice, corn, barley.
3. Direct the students to stand in a horizontal line with their group at one end of the gym or playing field.
4. Call out movement directions to each group, for example:
Oats - walk ten steps.
Wheat - take ten jumps forward.
Barley - do five jumping jacks.
Rice - take five hops forward.
Corn - take one step backward.
5. Call out movement directions for as long as you wish, then call out "All grains go to the mill!" All students will run to the opposite end of the field and back. The first group to get back to the starting line wins and they play again.

Variations: Have each group do their movement down to the end of the field and back each time.
Example: The wheat group skips to the end of the field and back.

