

# Veggie Boxes w/ Connector Bridges and Feet Pattern Mat

## Physical Activity:

- Allow students to walk the bridges and boxes focusing on staying on the blue line the first time.
- Then have them walk a pattern on the mat and then try to use the same pattern on the boxes and bridges.
- After they are successful with one pattern they can try a different pattern.
- One partner can be practicing a pattern while the other partner is using the boxes and bridges
- Students should all travel the same direction

## Academics:

- Children are naturally incorporating academics as they are crossing their midline while using the patterns.
- Recite poems
- Practice saying days of week; months of year

Safety: Student should not try to race. Students should be using controlled walking movement as they use each pattern. Boards can be adjusted based on age level of students and desired level of difficulty.

