



## INSTRUCTIONS & CUES

### Instructions

- Place hoops randomly in the playing area.
- Participants begin moving around the playing area (“ocean”) like different sea animals (e.g., seahorse, jellyfish, dolphin, shark, minnow, etc.).
- When you call out “Get on an island,” participants must move to a hoop and stay in it until you say “Go” again. Make sure you have at least 1 hoop or marker per participant.



### UDL Modifications

- Mark off the playing area with brightly colored tape and use bright tape or hoops to mark off the “islands.”
- Use picture cards to show the different sea animals as you call them out and a card for when it’s time to move toward the hoop.
- Demonstrate how to move like the animals as needed.