

# Mass Duck Supplemental Class Content

## Additional Activities

Below are ideas for supplemental class content to continue the duck theme. These are ideas for additional activities to prompt music or language or team work.

<b>6 Little Ducks Poem</b>	
This can be adjusted to match the number of gymnasts that are in your group.	
The poem is: "Six little Ducks that I once knew" "Short Ones" "Tall Ones" "Dizzy ones too" "But the one little duck with the feather in his back" "He led the others with a quack quack quack"	
Line	Action
"Six little Ducks that I once knew"	
"Short Ones"	Have the gymnasts squat down low in a ball
"Tall Ones"	Have the gymnasts reach up and be as tall as they can
"Dizzy ones too"	Have the gymnasts spin in a circle
"But the one little duck with the feather in his back"	Give one gymnast a piece of equipment to hold (each gymnast can take a turn. The gymnast should hold the equipment and show a skill (the little ones like to show what they can do and create).
"He led the others with a quack quack quack"	Have the gymnasts march in a circle following the leader with the equipment.
Pass the equipment to the next gymnast and repeat the poem. Practice the words with the gymnasts, so they can chant along.	

<b>Follow the Leader</b>
The coach pretends to be the mother duck and gymnasts are all the baby ducks. The coach leads the gymnasts through a number of movements in a 'follow the leader' line that the gymnasts copy. The mass ducks can be held as a prop during this activity (helps with body awareness to instruct gymnasts on arms movements). Some simple movements may include: marching, high toes walking, can try waddling like a duck, galloping, bunny hops or straight jumps. Lots of options and variations for this depending on what skills the coach is working on in class.

## Nursery Rhyme

The nursery rhyme is *5 little ducks went out one day*.

# Five Little Ducks

Five little ducks went out one day,  
Over the hills and far away.  
Mother Duck said,  
"Quack, quack, quack, quack!"  
But only four little ducks came back.



5

Four little ducks went out one day,  
Over the hills and far away.  
Mother Duck said,  
"Quack, quack, quack, quack!"  
But only three little ducks came back.



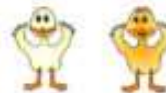
4

Three little ducks went out one day,  
Over the hills and far away.  
Mother Duck said,  
"Quack, quack, quack, quack!"  
But only two little ducks came back.



3

Two little ducks went out one day,  
Over the hills and far away.  
Mother Duck said,  
"Quack, quack, quack, quack!"  
But only one little duck came back.



2

One little duck went out one day,  
Over the hills and far away.  
Mother Duck said,  
"Quack, quack, quack, quack!"  
But none of the five little ducks came back.



1

Sad Mother Duck went out one day,  
Over the hills and far away.  
Sad Mother Duck said,  
"Quack, quack, quack, quack!"  
And all five little ducks came back!



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The rhyme format above can be printed and hung up in the gym as well. There are many copies of the lyrics online to make a poster specific for your gym.

The coach can download the song and have the children sing along. Below is the youtube link (there are many versions of the rhyme you can use as preferred)

The rhyme has a video that the gymnasts may enjoy watching to sing along to if the coach has a screen to use.

<https://www.youtube.com/watch?v=pZw9veQ76fo>

The mass ducks can be used as props to go along with the nursery rhyme. There are some ideas below on how to utilize the nursery rhyme in class.

1	You can have two hoops set up in the gym spread apart. The gymnasts can all start on one side. The rhyme starts and they can dance to the song. The duck props can be 'squeaked' when the song goes <i>"quack, quack, quack"</i> . When the song says, <i>"only four little ducks came back"</i> , have one gymnast march over to the other hoop. Continue this for each verse.
2	The coach can act out the rhyme using the mass ducks. Have the gymnasts sit in a circle with the ducks in the middle. Take one duck out of the circle each verse. The coach should get the gymnasts to count the number of ducks left in the circle after each verse.
3	To add some movement to the rhyme, the gymnasts can 'act out' the rhyme. Have the gymnasts run to an object or side of gym when the ducks 'go over the hill' when the coach squeaks the mass duck prop, the gymnasts run back. Then everyone counts together.

### Games

Below are some game ideas to play in class to carry on with the 'Duck' theme. The gymnasts may know many of these.

#### **Duck Duck Goose**

One person is "it" and walks around the outside of the circle. As they walk around, they tap the player's heads and say whether they are a "duck" or a "goose". Once someone is the "goose" they get up and try to chase "it" around the circle.

#### **Gone Fishing**

Each gymnast has a rubber duck. The coach ties a rhythmic rope around the duck to act as the fishing rope. The coach will have a list of skills for the gymnasts to do. Each skill that the gymnast does, they get to use the 'fishing rope' to pull the duck in a little closer.

#### **Duck Walk**

The coach scatters multiple rubber ducks around the floor area. The gymnasts have to duck walk across the gym, picking up as many ducks as they can and bringing them to the hoop or 'circle' in the center of the floor. Once all the ducks are retrieved, the game is over.

### Sing Alongs and Literature

Seesame Street 'Rubber Duckie' song sing along time.

<https://www.youtube.com/watch?v=Mh85R-S-dh8&t=64s>

Elmo's Ducks song sing along time.

[https://www.youtube.com/watch?v=w6CX\\_atYwus&t=38s](https://www.youtube.com/watch?v=w6CX_atYwus&t=38s)

Coach can do the Old MacDonald song including a duck verse.