

Dimension (circle one): Types of Gymnastics, Dance, Games, Individual Activities, Alternative Environment

Physical Education Lesson Plan # 4 of 6

Grades: K, 1, 2,

Unit: PLAY Gymnastics

Date: _____

Introduction/Warm Up:

Speedway

Equipment: Poly-spot markers (one per group of two), pylons to mark out the track.

A video of this activity can be viewed @ <http://carly3.blogspot.ca/2013/01/pe-kindergarten-jump-rope-lesson.html>

Organization: Create a speedway track by arranging poly-spot markers in a rectangle with space for students to move around between the spots and the wall. In pairs, students stand at a poly-spot marker. Rock, paper, scissors to see who goes first. The first student moves onto the track and on the signal to go, moves around the track in a clockwise direction. Before starting, give students a choice of a locomotor skill other than running. The student who is standing on the spot, performs a balance while waiting. Once their partner gets back, they high five each other and the other person moves onto the track and begins. Be sure students shoulder check to make sure nobody is coming prior to moving onto the track.

Assessment (Formative and/or Summative):

Observe students for balance skills. My Partner Balance Routine Handout (1 per pair or group of three if the numbers are uneven).

Learning Activities/Teaching Strategies:

Partner Balances

Equipment: Mats (1 per group of 2-4), My Partner Balance Routine handouts (1 per pair or group of three), music & music player

Organization: Demonstrate some partner balances for students to try with their partner (see pictures below). These partner balances can also be copied and pasted onto a PowerPoint slide and put up on a screen for all students to see and practice. Provide each group of two with the *My Partner Balance Routine* handout and one pencil per group and have them work together to come up with a partner balance routine. Play music quietly as groups work on their routine. They can perform the routine to music if time permits. If not, this can continue into the next lesson.



Closure/Cool Down:

Invite students to give their partner a high ten and a low ten as they get ready to line up.

Fundamental Movement Skills Explored (circle below):

- Nonlocomotor/Stability: turn, twist, swing, balance, dodge, bend, land, stretch, hang, lift, sit, stand, crouch, squat, lean, kneel, push, pull
- Locomotor: walk, march, run, hop, jump, leap, roll (log, pencil), gallop, climb, slide, shuffle, tiptoe, crawl, skip, dive, swim, cycle, dance, hike, skate, glide
- Object Manipulative: catch, collect, dribble, roll, bounce, trap, throw (overhand & underhand), kick, strike, volley, punt

Physical Literacy Environments- air, water, land, ice/snow (indoor & outdoor)