

CMP Lesson Plan

Lesson #2

Date: Jan. 23, 1999

Movement area: dance, gymnastics, games

Age: 3-4

Movement Theme: Body awareness

Sub Theme: body parts bearing weight, weight transfer

Skills: starting and stopping, recognition of body parts, different body parts bearing weight (travel different ways, crawl, jump, slither, etc.)

Music: Space Man

Objectives:

- To remember the concepts we learned last week
- To improve children's sense of balance
- To improve cognitive abilities by deciding on their own how they will travel
- to use different body parts to bear weight

DANCE

Snow

Music: instruments

OT – Tell children that when certain instruments are used they need to change the way they are travelling

OT – Pictures will also be used as reinforcement to help children

BT – Explain which instrument matches which type of snowflake

Floating snowflake – tambourine with symbols

Stormy snowflake – fast drumming

Melting snowflake – bells

Shoveled snowflake – slow drumming

RT – ask the children what instrument goes with what action, and practice again

BT – Now travel throughout the space to the sound of the instrument, and when it changes change your action

RT – be aware that when the music is faster you travel faster and when the music is slower you travel slower

Music: Space man

OT – everyone get a hula hoop

OT – find your own space away from other children and equipment

BT – Travel to the music until it stops

RT – Travel a different way each time you hear the music, bearing weight on different parts for example, start on fours bases of support, then move to three, two and one

BT – When the music stops you will go to your own hula hoop

RT – when you are in the hula hoop bear your weight on different body parts (balance)

ET – try and hold your balance for 3 seconds

GYMNASTICS

OT – The children are to find their own space on the apparatus

OT – In small groups, the instructor and apprentices go to an apparatus set up

BT – To get to each set of apparatus travel using different body parts to bear weight

RT – Does anyone have any ideas of how we can travel to the next piece of apparatus?

BT – Explore the apparatus

OT – Everyone come here and listen to the instructions (away from the apparatus)

OT – on various places on the apparatus there will be red spots and green spots

BT – on the 'go' signal you will travel to either a red or green dot. If you go to a red dot you bear your weight on one body part and if you go to a green dot you bear weight on two body parts

RT – travel differently each time you travel to a spot

OT – Once you have completed your balance come back and see me right here

BT – Travel about the apparatus

BT – when I say "bears" you will stop on the apparatus where you are and then go again when I say 'go'

RT – this time when you stop, bear your weight on different body parts

GAMES

Red Light Green Light

OT – everyone line up at one end of the playing area with the instructor at the other

BT – begin to travel towards the instructor when she says green light

BT – when the instructor says red light you stop traveling

RT – travel in different ways

RT – when I say red light bear your weight on different body parts

Hula Hoop Fun

OT – the instructors will be holding a hula hoop at different levels and ways

BT – travel about the space and when you get to a hula hoop transfer your weight in the appropriate way

RT – use other body parts that just your feet to travel and go through the hula hoop