

CMP Lesson Plan

Lesson # 3 – Body shapes

Date: Jan. 30, 1999

Movement area: dance, gymnastics, games

Age: 1-2

Movement Theme: Body Awareness

Sub Theme: body shapes (pin, wall, ball, screw), weight bearing

Skills: to associate a word with a body shape, to do the body shapes with weight on different body parts, to be able to transfer body shapes to equipment

Music: Frosty the snowman, swing music

Objectives:

- To associate a word with a body shape
- To bear weight on different body parts (back, tummy, side, feet, hands)
- To do body shapes on many pieces of apparatus
- to review skills from previous weeks

DANCE

Music: Frost the Snowman

OT – everyone find space of their own

OT – have pictures for each body shape

BT – we are going to learn the body shapes one at a time. Everyone make the shape of a shovel (pin), snowball (ball), snowflake (wall), icicle (screw)

RT – let's repeat these shapes until we can easily recognize them

BT – When the music plays travel around the space

RT – travel different ways each time

BT – when the music stops look for the instructor and copy the shape (the picture will be held up to help reinforce the body shape)

RT – do the body shapes on different body parts (backs, fronts, sides, etc)

Music: Go-Daddy-o

Bean bag boogie

OT – everyone get a beanbag

BT – Travel to the music with the beanbag resting on body part (tummy, back, foot, shoulder, knees, etc)

RT – parents pay attention to what parts are bearing your child's weight (if they have the beanbag on their tummies, are they sliding on their bums, or doing the crab walk)

BT – When the music stops you will move the bean bag to a different body part

RT – again pay attention to the parts the children are bearing their weight on (get them to change if they are doing the same all the time)

GYMNASTICS

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

OT – Remind parents the importance of exploration and tell them to only touch (help) their child if the situation looks unsafe for that child

BT – Explore the apparatus

RT – If there is an apparatus you have not visited yet, make sure you get a chance to try everything

OT – on the wall put up pictures of the body shapes (so that parents can refer to them)

BT – parents please ask your children to practice the different body shapes on the apparatus

RT – make sure they try at least 3 different pieces of apparatus for each shape

ET – challenge your child if you see he or she naturally in a body shape position, ask your child which body shape they are in (for example if child is stretched out on a bench pulling with his/her arms he/she would be in the shovel shape)

BT – travel on the apparatus bearing weight on different body parts (start with big bases of support like, bum, hands and feet, tummy, back)

RT – try and get your children to travel using a smaller base of support, like one foot, one hand, one foot (this may be too difficult for your child at this stage of development, some may be ready for this challenge)

GAMES

Simon says with pictures

OT – everyone find their own space so they can see the instructor

BT – We are going to play Simon says with pictures, so when the instructor says “Simon says show me a snowflake shape” she will hold up the corresponding picture and the children will do that body shape

RT – do the body shape on another body part other than the feet

(the instructor will not do the shape with them, we want this to be more of a memory game from what they have learned already today)

Body shape hunt

OT – there are several pictures of the body shapes on them hidden throughout the apparatus set up

BT – on the go signal you will go and when your children find a shape they must show you that shape

RT – they can now take the piece of paper and show the paper and the shape to an instructor

BT – give the paper to the instructor and try and find a different shape and repeat the same instructions

Equipment List

- CD and Tape player
- 25 bean bags
- coloured tape
- 15 utility balls
- 15 skipping ropes