

CMP Lesson Plan

Lesson #1 – The Body

Date: Jan. 23, 1999

Movement area: dance, gymnastics, games

Age: 1-2

Movement Theme: Space Awareness

Sub Theme: traveling (onto/off of equipment), general and personal space

Skills: become more familiar with the apparatus, to appreciate the difference between general and personal space, to be able to get onto and off of the apparatus in different ways

Music: Space Man

Objectives:

- to reintroduce safety procedures to the parents and children,
- to make children aware of the space around them
- to find different ways to climb onto/off of the equipment
- to review skills from last week

DANCE

Music: Drum

OT – everyone find space of their own

BT – everyone practice travelling in the space

RT – make sure you don't run in to anyone

OT – We are going to pretend we are snowflakes

BT – When I beat the drum you will begin to travel in the space floating like a snowflake

RT – be sure that your snowflake doesn't stick to another snowflake

BT – listen for the drum to beat harder and faster

RT – travel like a snowflake in a snowstorm

OT – Try it again to fully explore the general space

Music: Space man

Review different ways of travelling from last week, using different body parts

OT – Everyone get a hula hoop

BT – Travel to the music

RT – Travel a different way each time you hear the music

BT – When the music stops everyone will find their own hoop (which is their personal space)

RT – Try and get to your hula hoop as quickly as possible without bumping into anyone else

RT – in the hula hoop you will review your body parts by touching a specific part

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

BT – find five pieces of apparatus to travel onto

RT – when on the apparatus remember the different ways of traveling from last week

BT – find five pieces of apparatus to travel off of

RT – try and travel off of the equipment in different ways

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 – remember to be careful of your space, watch out for other children

Red light Green light on the apparatus

OT – in various locations on the equipment there will be red spots and green spots (to represent lights)

BT – When I say red light all the children will get onto the apparatus where there is a red spot

RT – the same will occur when I say green light

RT – Focus on how you get onto the apparatus (in different ways)

RT – Focus on how you get off of the apparatus

Space Balls

OT – Get a ball, there are many different sizes and colours

OT – Everyone find his/her own space

BT – Explore throwing your ball to yourself

RT – Try using a different ball

BT – Pass the ball back and forth with your mom or dad

RT – be aware of the other children, parents and other balls in the playing area

Equipment List

- CD and Tape player
- Drum, shaker, tambourine, bells
- CMP balls
- Hula hoops