

CMP – Lesson Two

Date: Sat Jan 22, 2000

Age: 3 & 4

Movement Concepts:

Body parts bearing weight, transfer of weight

Lesson Objectives:

The children will be able to

- Learn a new song and do actions to match the words
- Transfer weight in different ways (rolling, stepping, jumping)
- Bear weight on different body parts (3, 2, than 1 body part)
- Using different parts of the body to travel on
- Being aware of where others are while travelling
- Use small and large apparatus

Movement Areas: Dance, Gymnastics, Games

Introduction

OT: Find a space away from others

BT: We are going to learn a new song (Tune: the Mulberry Bush).

This is the way we step about, step about, step about

This is the way we step about

With our snow pal in the morning

RT: you can step with your two feet, feet and hands, knees, heels, skip

BT: using the same tune do

- Roll about
- Jump about
- Slide about

Fallow the Leader (Music)

BT: Fallow the instructors movements and path on the floor

RT: move so you can see the instructor

Teaching: have the instructor travel transferring weight in as many different ways as possible and every once in a while do a balance on different body parts (be sure to ask the children how many body parts are touching the ground)

Movement Development

OT: find a small mat of your own

BT: travel across your mat jumping many different ways

RT: two feet to two feet, make a body shape in the air, use different body parts

BT: travel across your mat rolling in many different ways

RT: roll in different directions (front, back, side), different body shapes (curled, stretched)

BT: travel across your mat stepping in many different ways

RT: doesn't have to just be your feet, use hands, feet, knees

BT: travel across your mat sliding in many different ways

RT: try on different body parts, tummy, back, side, feet, knees, etc.

BT: travel in between the mats to the music

RT: remember all of the different ways you can roll, jump, step, hands & feet

BT: When the music stops go to the closest mat and do a balance on 3 body parts

RT: only have three body parts touching the ground

Teaching: Repeat the exercise traveling in different ways and balancing on 2 and 1 body part(s).

Culmination:

BT: travel on the apparatus

RT: make sure you visit all the apparatus

BT: jump on the apparatus

RT: do different body shapes, different feet taking off and landing, bend knees when land, watch out for others when jumping, jump on to, on and off of the apparatus

BT: roll on the apparatus

RT: change your body shape, try rolling on different apparatus

BT: travel on the apparatus stepping

RT: remember you do not have to stay on just your feet, try your hands, knees

BT: slide on the apparatus

ET: what apparatus is hardest to slide on? Try sliding up the apparatus.

BT: travel on the apparatus and when you come to a coloured X do a balance on three body parts

ST: if it is too hard to do on the apparatus do it on the floor beside the apparatus

Teaching: Repeat the exercise traveling in different ways and balancing on 2 and 1 body part(s)

Game

OT: Everyone get a hoop or a rope

BT: travel in the space using the hoop or rope

RT: be careful not to be close to others, find different ways to use your equipment

BT: everyone get a ball and travel with you ball

RT: travel in different ways and move your ball at the same time

BT: everyone get a scooter ball and travel using the scooter board

RT: travel on the scooter board using different body parts to hold your weight