

CMP – Lesson Three

Date: Sat Oct. 9

Age: 3 & 4

Movement Concepts:

Body shapes (pin, wall, ball, screw), review transfer of wt.

Lesson Objectives:

The children will be able to

- Make body shapes (pin, wall, ball, screw)
- Travel using different methods (locomotion) ie. Sliding, jumping, stepping and rolling on the floor and on the apparatus
- Travel using the different body shapes on the mats and on the apparatus
- Sequence 2 movements together

Movement Areas: Dance, Gymnastics, Games

Introduction

Music: classical music with wind and birds chirping

Teaching:

Starting from seeds round and small
A tree will grow big and tall,
A little bit of rain and a whole lot of sun,
Plant the seeds the growing has begun,
The seeds become roots and then a trunk
Turning into a tree, who'd a thunk,
Branches grow out with leaves of green,
This might be the biggest tree I've ever seen,
The wind blows strong and the tree twist and turns,
Losing orange and red leaves like a fire that burns.

Teaching: go over each line of the poem individually and get the children to do the movements that correspond to the words of the poem

BT: listen to the first line of the poem and show me the body shape that you think matches the words. What body shape can we make that would look like a seed?

RT: Make sure you tuck in all of your body parts

Music: Lolli pop

Teaching: introduce the different body shapes one at a time.

BT: show me how you can make the shape of this gum ball

RT: make sure all of your body parts are tucked in tight

BT: show me how you can make the shape of this lolli pop

RT: make all your muscles stiff and stretch your lolli pop, make it as long as you can

BT: show me how your body can make the shape of a kit kat bar

RT: stretch your body to all the corners of the chocolate, stretch fingers and toes

BT: show me how your body can make the shape of a piece of licorice
RT: twist your body so your feet and face are facing different directions, try not to move your feet
OT: Everyone get a hula hoop and find your own space. Put your hula hoop on the floor and find your own space away from others and the hoops
BT: travel using all the space, when the music stops go to the closest hoop
RT: Be sure to go to a hoop of your own, watch out for others
BT: travel in a different way
RT: remember the ways we traveled last week (jump, roll, run, step, slide, skip)

BT: when the music stops this time I will hold up a candy and you will make the shape of that candy in your hula hoop
RT: travel to your hula hoop as quickly as possible
Teaching: do this several times using different ways of travelling and different body shapes

Movement Development

OT: everyone get a mat of your own and find your own space to put it down
BT: travel along your mat in the shape of a lolly pop (roll, jump, upside-down, slide)
RT: stretch your legs and arms
BT: travel along your mat in the shape of a gum ball
RT: tuck in all of your body parts
BT: travel along your mat in the shape of a kit kat bar (jump, roll, cartwheel, slide)
RT: stretch your fingers and toes to the far edges of the chocolate bar
BT: show me your body in the shape of a licorice using 3 different body parts touching the ground (now try it using 2 and then 1 body parts)
RT: try and hold your body in that position for 3 seconds
BT: choose 2 of your favorite body shapes, do one then do the 2nd one right away
RT: choose two different body shapes, try not to stop in between the two shapes

Culmination

OT: Find your own space on the apparatus at one of the four stations, you are going to stay at that station until I say "SWITCH" then you will find a new station
BT: travel on the apparatus and when you come to a picture of a body shape, Stop and make that shape
Teaching: there will be pictures set out on the apparatus of the different candy to represent the body shapes
RT: Don't wait in line for a shape, move to another piece of apparatus

Game: The Candy Man

OT: everyone find your own space in the pylon area
BT: travel in the space, try to avoid getting caught by the Candy Man.
RT: watch out for those around you, and stay in the pylon area
BT: if you are caught by the Candy Man then you must make the shape of a gum ball, lolly pop, kit kat, or licorice until the sugar elves come and free you from your body shape
RT: make sure you do a different shape each time you get touched
ET: after each time you are freed from your body shape change your way of travelling