

Laurie and Jerry's CMP Lesson
November 18, 2000

Age: 5-7, 8-12

Movement Theme: Levels (Dance) and Striking with Implements (Games)
Movement Area: Dance and Games

Learning Objectives:

The Children will be able to:

1. Act safely in a gym setting when using individual equipment (i.e. hockey sticks)
2. To explore the many ways to strike with different implements.
3. To perform movements at the different spatial levels in dance.

Equipment:

Introduction

OT: Everyone come in and listen.

BT: Tell me what kind of animals travel at a high level. (i.e. kangaroo, giraffe, butterfly)

RT: Remember that not all animals have to be big to travel at a high level.

BT: Tell me what kinds of animals travel at a low level. (i.e. bunny, duck, snake)

RT: Remember that not all animals have to travel slowly.

BT: Tell me what kinds of animals travel at a medium level. (i.e. lion, bear)

OT: Now let's spread out and find your own area on the floor.

BT: Begin travelling at one of the three levels.

RT: When the music stops "freeze" and listen to the instructor for a task. (i.e. stretch at a high level)

TS: Along with listening to the instructor pictures will be held up as how to travel or freeze (i.e. duck, bear, kangaroo).

ET: Jump several times so that you can get even higher.

RT: Choose a different way to jump and change your arm positions.

BT: Travel at a different level in a different direction.

RT: Remember to watch out for others and use the entire area (just floor, no mats).

BT: Now start travelling faster at another level.

RT: Still get as high and low as you can.

TS: We will proceed with this until the children have warmed up and practiced each level. Each time they freeze, we will present them with a different task.

Movement Development:

**Stations will used and set-up in order to learn four different ways to strike with implements.

Each station will be explained before beginning.

OT: Everyone come in to Jerry and I.

BT: We are going to split you up into groups of 4-5 people and you will have a chance to go to every station around the gym.

RT: We will be exploring how to use different pieces of equipment to strike objects.

TS: Each station will be explained before we let them free.

Stations Set-up and Explanations

- A. Hockey Sticks – Each person will learn how to hold the stick and will first hit against the wall on their own. After this, they will get into pairs and practice striking the puck back and forth to each other. If time permits, they can also practice shooting at the net.
- B. Bowling – Each person will get one volleyball and throw it at the target of pylons. Their goal is to strike as many pylons down as possible. As they improve they will gradually move farther away. (There will be at least two-three targets).
- C. Badminton – Each person will learn how to hold the racquet and will get one birdie each. They will practice hitting the birdie up and down on their racquet by themselves before getting into pairs and practice hitting the it back and forth. If time permitted, we will have the volunteers teach them how to strike the birdie to a high and low level while still in pairs.
- D. Tennis Rackets – Each person will get a tennis racket and will learn how to hold the racket. By themselves, they will practice hitting whiffle balls and/or tennis balls in the air to their racquet. Then they will strike the ball against the wall and if they want they can get partners and continue the same task.

Culmination

OT: Everyone come in and listen.

BT: One side of the gym is badminton-hockey.

RT: Everyone must pass to each other before shooting at the targets on the wall or the net.

BT: The other side of the gym will be a small obstacle course.

RT: Everyone will have a chance to do everything before we switch sides.

TS: There will be volunteers one both sides of the gym to help if needed.