

CMP – Lesson Five

Date: Sat Oct. 30

Age: 3 & 4

Movement Concepts:
Levels (med & low)

Lesson Objectives:

The children will be able to

- Travel at a low and medium level
- Associate Halloween costumes that would travel at the respective levels (low, med)
- Follow a leader and copy the leaders movements
- Travel at a low and medium level on the apparatus
- Manipulate a ball by throwing it at targets at low and medium levels
- Manipulate a scooter board and throw a ball at the targets at the same time

Movement Areas: Dance, Gymnastics, Games

Introduction

OT: find your own space away from others

BT: Can any one show me what a low level is?

RT: try and stay as close to the ground as you can

BT: what could you dress up as on Halloween that would travel at a low level? (i.e. black, cat, pumpkin, spider, mouse)

RT: can everyone show me how you can travel low like a black cat

BT: can anyone show me what a medium level is?

RT: what are the ways that we can travel at this level (remember our jumping like a bunny, skipping, hopping)

BT: what could you dress up as on Halloween that would travel at a medium level? (Bunny, princess, vampire, Frankenstein, skeleton)

RT: can everyone show me how you can travel at a medium level like a bunny

Music: The Monster Mash Parade

BT: Line up behind the instructor and follow him/her

RT: copy the body movements the instructor who is leading (instructor will travel at different levels using different ways of travelling)

Movement Development

Going on A witch Hunt

Teaching: All of the kids will get their things together to go on a witch hunt. The teacher has to fill in parts of the story to make it exciting for the children. Follow the general idea listed below.

BT: We have come to a swamp. Swim through the smelly swamp at a low level (make noises of going through a swamp)

RT: watch out for the old stump and the over hanging branch

BT: There's a graveyard. Let's tip toe through the graveyard so we don't wake anyone

RT: tip toe at a medium level

BT: We made it to the scary forest. Run really, really fast, oh stop and hide behind a tree, go fast again it's too scary in the forest.

RT: when you stop crouch down low to seem out of sight

BT: Just when we thought we were getting close to the witch, we came across a bat cave. We have to slither on the ground very quietly so we don't wake the bats.

RT: OH, NO! I hear some bats lets slither faster until we are safe from the cave

BT: There it is, the witches haunted house. Let's go inside.

1. CREEK, the door is open and a black cat crosses our path,
2. I see a ghost in the hall. I know the witch is in here somewhere,
3. let's look in the bathroom, no witch there, just Frankenstein in the tub.
4. Let's look in the kitchen, no witch there, just a skeleton making dinner.
5. Let's look in the attic, there she is, and she's going to cast a spell, lets get out of here!

RT: go back through each movement in reverse (skeleton in kitchen, Frankenstein in tub, ghost in hall, black cat at door, out of the haunted house door, slither through bat cave, run fast through scary forest, tip toe through graveyard, swim through swamp at low level)

Teaching: make sure you prompt children on what is next in the story when going in reverse because there is no way that they can remember all of that information on their own.

Culmination

OT: Find a spot to start on the apparatus

BT: travel any way you would like on the apparatus

RT: once you have tried one piece of apparatus, try traveling on another

BT: travel at a low level on the apparatus

RT: remember how we traveled like the black cat, mouse and spider, try one of those

BT: travel at a medium level on the apparatus

RT: remember how we traveled like a bunny, princess, Frankenstein, skeleton, vampire

OT: everyone come over here (meet with instructor)

BT: choose two of your favorite ways to travel and your favorite apparatus. Show me how you can do both of those ways of traveling on the apparatus. When you are finished come back and see me.

RT: I should be able to see the difference between the first way of travel and the second

ET: would anyone like to show the group your favorite ways to travel on your favorite apparatus?

Game: Eye ball stew

OT: everyone get an eyeball from the witches cauldron

BT: try and hit the targets on the wall and on the floor

RT: make sure you try both the ones on the wall and on the floor

BT: trade your eyeball in for another eyeball that is different and try to hit the targets

RT: if your eyeball is lighter or smaller you may need to throw it harder

OT: get a scooter board and eye ball

BT: travel on the scooter board and try to hit the targets on the wall and on the floor

RT: stay on your scooter board the whole time

BT: trade your eyeball in for another eyeball that is different and try to hit the targets

RT: again if your eyeball is lighter or smaller you may need to throw it harder, or if it is heavier you may need to throw it softer

Hide and Go Creep

Teaching: while the children are doing the scooter board game, have one instructor hide stickers on the apparatus.

OT: everyone meet close to me in a group

BT: when I say GO, there are special Halloween stickers on the apparatus that I would like you to find. To get to the stickers you must travel at a low level. Once you find one sticker travel back here at a medium level

RT: remember our different ways of traveling from before for a low level i.e. black cat, mouse, pumpkin

RT: remember our different ways of traveling for a medium level i.e. bunny, vampire, princess, Frankenstein