

CMP – Lesson Three

Date: Sat Jan 29, 2000

Age: 3 & 4

Movement Concepts:

Motion & stillness, review transfer of weight and body shapes (bend, stretch, twist, turn)

Lesson Objectives:

The children will be able to

- Identify different body shapes using pictures (surf board, surfer, beach ball and Frisbee)
- Do the actions that correspond to the story
- Make large and small waves on the parachute
- Travel on the parachute
- Travel on the apparatus in the ways that the pictures indicates

Movement Areas: Dance, Gymnastics, Games

Introduction

Teaching: The theme for this lesson is Beach Time. Everything will be related to the beach. For each body shape there is a corresponding picture (stretch – surf board, bend – beach ball, twist – surfer, turning – Frisbee).

OT: find a space away from others

BT: what is this a picture of? A surfboard, everyone make their body into the shape of a surfboard.

RT: make your surfboard stiff, and tall

ET: let's look like surfers on surfboards

BT: what is this a picture of? A beach ball, everyone make their body into the shape of a beach ball

RT: make you beach ball nice and round

BT: what is this a picture of? A surfer, everyone make their body into the shape of surfer

RT: make your body twist like a surfer

BT: What is this a picture of? A Frisbee, everyone travel like a Frisbee turning through the air

RT: make your Frisbee turn faster and faster

BT: when I show a picture, make the shape with your body that you see in the picture

RT: do this several times switching the picture each time

Movement Development

A Trip to the beach

BT: we are going on a trip to the beach. Tell me what we need to wear at the beach (bathing suit, shorts, tee-shirt, sandals, etc.) Tell me what we need to take to the beach.

(hat, sunglasses, sunscreen, towel, beach ball, etc.). Lets walk to the beach.

BT: bend over and stretch your towel out on the sand

RT: you need to bend over to put all of your things down on the sand as well

BT: lets put our sun umbrella up and our sunscreen on and stretch out on our towel
RT: stretch all your body parts and then just relax
BT: Wow it's hot, time to go swimming. Show me the different swimming strokes we do. (front crawl, back crawl, breast stroke, side stroke)
RT: try all the different ways of swimming
BT: Lets go surfing, lay down on the surf board and paddle out, hop up and surf the WAVE!!! Jump and turn to face the other way.
RT: stretch while laying down on the surf board and twist while on the surf board
BT: I'm tired of surfing lets play ball
OT: everyone get a beach ball
RT: try throwing it low and then high, try not to let it touch the ground
BT: I'm hot again lets go swimming
RT: Ahhh there's a shark! We have to turn and run out of the water

Music: Surf City (The beach boys)

OT: everyone place your towel on the floor away from other people
BT: when the music plays travel in the space around the towels
RT: be very careful you do not travel on the towels because they may be dangerous and slip underneath you. Travel on the floor between the towels
BT: when the music stops go to your towel and do the body shape in the picture that I hold up. (surf board, surfer, beach ball, Frisbee)
RT: watch out for others when you are traveling to your towel

Game: Parachute

OT: everyone find a spot on the parachute (the ocean)
BT: make the ocean have small waves
RT: move your arms small so the waves are small
BT: make the ocean have large waves
RT: move your arms from the floor to the ceiling to make the waves big
OT: put balls on the parachute
BT: try and keep all the balls in the water and still make waves
RT: make the waves big and small
BT: bend down and on the count of three lift up the parachute and make all the balls go on the beach
RT: stretch your body to make the parachute go high in the air
OT: If I touch you on the head you can go on top of the parachute (crawling only)
BT: everyone on the edge of the ocean make waves and everyone on the parachute swim through the waves
RT: remember to try the different strokes we practiced
OT: everyone on the parachute switch with the people on the outside of the parachute and repeat the exercise
BT: now lets warm up by wrapping ourselves up in the towel (the parachute)
RT: turn and turn to wrap yourself up

Culmination:

OT: divide group up into smaller groups and have them go to the apparatus in those

Instructor: Melissa O'Neil
Apprentices: Cindy, Mike
Volunteers: Sandra, Jodi, Jason, Laura, Jenn

groups with an instructor

BT: travel on the apparatus until you hear the music

RT: when you hear the music find different ways to travel to the music to the next apparatus (use beach ways)

OT: everyone come in to me. Give each group a picture of a picture (surf board, surfer, beach ball, Frisbee)

BT: go to the apparatus you were just at and travel in the way that is on the picture

RT: remember to switch apparatus when you hear the music

Teaching: make sure each group gets to try each picture