

## CMP – Lesson Seven

Date: Sat, March, 4

Age: 3 & 4

### Movement Concepts:

Negotiating objects (under, over, around, & through)

### Lesson Objectives:

The children will be able to

- Travel over, under, around and through various small and large apparatus
- Work cooperatively with a partner taking turns holding the hula hoop
- Identify over, under, around and through by traveling like animals from the circus

Movement Areas: Dance, Gymnastics, Games

### Introduction

Drum

BT: we are going to pretend that we are animals at the circus (what animals do we usually find at the circus? – elephants, monkeys, lions, tigers) travel using all the space and when you hear the drum like this (drum roll) I would like you to pretend you are a circus animal and jump over the flaming hula hoop

RT: make sure you bend your knees when you land, try and jump higher and longer so that you don't touch the fire

BT: travel and when you hear the drum roll pretend you are a circus animal going under the flaming hula hoop

RT: stay close to the ground so that the fire doesn't come near you

BT: travel and when you hear the drum roll pretend you are a circus animal going around the ringmaster

RT: make sure you travel like the animal you are pretending to be

BT: travel and when you hear the drum roll pretend you are a circus animal going through the flaming hula hoop

Music: Fanfare, Cirque de Soleil

OT: everyone get a body sock or a towel – this is your personal tent

BT: when the music plays find as many ways as you can to go over your tent when the music stops Freeze

RT: remember all the different ways that we learned to travel, rolling, jumping, sliding, running, skipping, make sure you go from one side to the other

Teaching: let the children experiment ways of going over then do under, around and through as well with the tent

### Movement Development

Teaching: have four different apparatus stations set up one for each way of negotiating

OT: divide class into groups of four and have one group for each apparatus station

BT: everyone travel over, under, around or through on the apparatus depending in the specific way that is indicated in the picture of the circus animal

RT: if your station is over try and go over every piece of apparatus

Teaching: do each station for about two minutes each then switch

OT: instructors pair up the children in your group and get enough hula hoops to have one for each pair

BT: decide who is going to be the ringmaster and who will be the animal. The ringmaster will hold the hula hoop in different ways on the apparatus while the animal travels over, under, around or through – (changes when instructor says)

RT: be extremely careful not to make the hula hoop too high off of the apparatus, be careful not to step on the hula hoop

Teaching: the children will switch jobs the ringmaster will negotiate the hoop and the animal will hold it

OT: there are two different colours of bean bags spread out on the apparatus

BT: what colour beanbag is this? (Blue means over, red means under)

when I say go you will go to the apparatus and find a bean bag. If the beanbag is blue travel over the apparatus it was on, if the beanbag is red travel under the apparatus it was on.

RT: leave the beanbag on the apparatus and come back to me once you are done

BT: this time you will find a beanbag of the opposite colour and travel on the apparatus either under or over

RT: remember to go to a different colour beanbag this time, leave the beanbag and come to me again

Teaching: do the same for around and through

### Culmination

Parachute – Under the big top

OT: everyone find their own space around the parachute

BT: make a big tent with the parachute, then climb over the tent

RT: look out for others, make sure you are on your hands and knees (no standing)

BT: make a big tent and travel under the tent to the other side as fast as you can before the tent comes down

RT: look out for others while traveling quickly under the parachute

BT: everyone pull the tent flat and travel around (clock wise & counter clock wise)

RT: travel faster, and in the other direction