

CMP Lesson Plan

Lesson #1 – The Body

Date: Jan. 16, 1999

Movement area: dance, gymnastics, games

Age: 3-4

Movement Theme: Safety expectations, Body awareness

Sub Theme: Locomotion

Skills: starting and stopping, recognition of body parts, different body parts bearing weight (travel different ways, crawl, jump, slither, etc.)

Music: Macarena, Hokey Pokey

Objectives:

- to introduce safety procedures to the children,
- to improve children's awareness of their body parts,
- to use different body parts to bear weight

DANCE

Music: Hokey Pokey

BT – Show me your right arm

RT – Shake it

BT – Show me your left arm

RT – Shake it

BT – After reviewing the body parts, sing and do the actions of the hokey pokey

RT – Can anyone think of any other body parts that we can shake in the circle?

Music: Macarena

Review various ways of traveling for example walk, run, skip, crawl, slither, jump

OT – Everyone find their own space away from other children and equipment

BT – Travel to the music

RT – Travel a different way each time you hear the music given by the instructor

ET – What are some different ways to travel that we have not done yet, does anyone have any ideas?

BT – When the music stops each child will freeze

RT – When the children freeze, they copy the instructor by touch a different body part

ET – When children freeze they touch one body part to that same body part of a partner, for example the body part is foot, so there may be either 2 or 3 children touching foot to foot

GYMNASTICS

OT – The children are to find their own space on the apparatus

OT – In small groups, the instructor and apprentices go to an apparatus set up

BT – To get to each set of apparatus travel using different body parts to bear weight

RT – Does anyone have any ideas of how we can travel to the next piece of apparatus?

BT – Explore the apparatus

RT – Try traveling in different ways on the apparatus, using different body parts like bum, knees, tummy, etc.

OT – Everyone meet with the instructor away from the apparatus

OT – There is a hula hoop with many bean bags in it, on the signal the children will pick up a bean bag and follow the instructions

BT – When the instructor says “GO” everyone is going to travel to their favorite piece of apparatus and place a bean bag on that place, then travel back to the instructor. Now no one else can place their bean bag on the other person's spot, you have to find a spot of your own. (This will encourage the children to spread out on the apparatus to enhance safety)

RT – Each time the children must travel with different body parts bearing their weight

OT – Each child will find his or her own piece of apparatus

BT – Travel about the apparatus

RT – Remember to stop moving when the instructor says “FREEZE”

RT – Stay frozen until the instructor says “GO” again

ET – When the instructor says freeze stay in a balance

GAMES

OT – Place pictures of various body parts around the space even on some apparatus

BT – When you come to a picture, touch the picture using the specified body part

RT – Use different ways of traveling (like in dance and gymnastics) from one body part to the next

OT – Make sure there aren't too many children on the same picture there should be enough for each person to find his or her own

Parachute

OT – Everyone find a space holding onto the parachute

BT – Start shaking the parachute

RT – Shake it faster, slower

BT – When the instructor says, “freeze”, stop shaking it

RT – See if you can stop faster

BT – The children run clockwise around holding the parachute

RT – Travel faster

BT – When the instructor says, “freeze”, stop running

RT – Travel in the other direction (counter clockwise)

Head and shoulders

Review the different body parts head, shoulders, knees, toes, eyes, ears, mouth & nose

BT – Sing head and shoulders and use the parachute to indicate which body part we are singing about, for example for head, the parachute will be placed on the children's heads

RT – try the song again, but this time sing it faster

Equipment List

- CD and Tape player
- Parachute
- 6 benches
- small tressle with bar
- thin donut
- big donut
- 3 triangle boxes
- 3 wedges
- 2 small boxes
- pastel box
- 2 box horses with bars along the sides to hook a bench onto
- one box horse
- lots of bean bags (20)
- one hula hoop