

CMP Lesson Plan

Lesson #1 – Outer Space Day

Date: Jan. 16, 1999

Movement area: dance, gymnastics, games

Age: 1-2

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, ect.)

Equipment:

- CD and tape player

Music: Dance music, Hokey Pokey

Objectives:

- to introduce safety procedures to the parents and children,
- explain a bit about the program,
- 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

RT – Do this with legs, head, and whole self too

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

Music: Space Man

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

BT – When the music stops each child will freeze

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

GYMNASTICS

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

OT – Explain to parents the importance of exploration and tell them to only touch (help) their child if the situation looks unsafe for that child

BT – Explore the apparatus

RT – If there is an apparatus you have not visited yet, make sure they get a chance to try everything

BT – Explore the apparatus using only feet

RT – Use different body parts to bear weight and travel about the apparatus, hands, bum, tummy, ect.

BT – Ask your child to stop and then start again every once in a while on the apparatus

RT – Now try starting and stopping while traveling in different ways, for example get them to stop themselves from sliding down the incline on their tummies, and then start again

GAMES

OT –