

## CMP – Lesson One

Date: Sat Jan 15, 2000

Age: 3 & 4

### Movement Concepts:

Safety, starting/stopping, locomotion, body parts

### Lesson Objectives:

The children will be able to

- To recognize body parts by touching them and traveling on them
- Gain control of their bodies when starting and stopping
- Travel using different methods (locomotion) ie. Sliding, jumping, stepping and rolling
- Using different parts of the body to travel on
- Being aware of where others are while travelling
- Use small apparatus

Movement Areas: Dance, Gymnastics, Games

### Introduction

Teaching: Safety rules for the children are:

- Stay in our designated area in the gym
- If you need anything or want to go anywhere you must ask a person in a yellow shirt first
- Our code word for stop is “FREEZE” (we will practice this various times throughout the lesson)

The volunteers and apprentices are responsible for making sure the children are:

- dressed appropriately
- in bare feet
- not chewing gum or eating food
- not bringing toys in the movement area (if the child refuses to let go of a toy, try to incorporate the toy into the lesson without hindering the learning for that child)
- staying in our area

### Snowperson

OT: Everyone find a place away from other people

BT: imagine you are a snowflake falling from the sky, falling, falling, falling, and landing on the ground

RT: make your snowflake fall heavy to the ground because we are wet snow

BT: the snow is so sticky today I think I can make the snow into a snowperson. I will start with the bottom ball. Everyone roll as if you are the snow that is making the ball.

RT: Make sure you are rolling on your own, do not stick to each other.

Instructor: Melissa O'Neil  
Apprentices: Cindy, Mike  
Volunteers: Rochelle, Marnie, Sandra,  
Adam, Christina, Linda, Jody, Kelly

BT: I roll another two balls and put them on top of each other (one for our tummy and one for our chest) and the snowperson grows big and tall.

RT: Stand up tall like the snowperson

BT: Lets give ourselves arms, eyes, nose, mouth, hat, scarf and buttons up our front

BT: The next day the sun is warm and the snowpeople begin to melt

RT: start with the head, then the shoulders, chest, tummy, legs and feet. We end up in a puddle on the ground. We will have to wait until next snowfall to build another snowperson

Music: Frosty the Snowman

OT: in a space all your own

BT: travel (run, jump, crawl, slide) and when the music stops "FREEZE"

RT: make sure no body parts are moving when the music stops

BT: travel a different way on different body parts. When the music stops freeze and touch the body part the instructor is touching.

RT: be sure to stop quickly and look at the instructor

### Movement Development

OT: find a spot on the apparatus

BT: travel anywhere anyway you would like. We are going to practice our code word, when I say "FREEZE", stop moving and come down from the apparatus

RT: be sure to visit all the different apparatus, don't just stay on the same one all the time. When I say "Freeze" make sure you come down as safely as possible (slowly, carefully, without pushing)

BT: Travel on the apparatus and when you come to a picture of a body part, travel on that body part

RT: try and travel on as many different body parts as possible

### Culmination: FROSTY

OT: Everyone line up shoulder to shoulder behind the designated line (may be red or green) facing Frosty

BT: when Frosty says "SNOW" travel slowly towards him so you can play with him

RT: remember to travel slowly because Frosty might get scared

BT: When Frosty says "STORM" everyone must "FREEZE"

RT: Make sure nothing is moving or Frosty will send you back 3 steps

BT: Now travel on a different body part (bum,. Tummy, knees, back, hand and feet, etc.)

RT: When Frosty says "STORM" be sure to "FREEZE" on that body part