

Laurie and Jerry's CMP Lesson
February 10, 2001

Age: 5-7 and 8-12

Movement Theme: Pathways (Straight and ZigZag)

Sub-Theme: Levels

Movement Area: Dance and Gymnastics

Learning Objectives:

The Children will be able:

1. To act safely in a gym setting.
2. To explore different pathways (straight and zig zag) at different levels and with a variety of equipment.
3. To cooperatively work with a partner and create a sequence of movements.

Equipment: CD player, Hula-Hoops (20), Pylons (20), Bean bags (10), ropes (15), orange rubber circle disks (15)?? (If the cage has them), pictures (visuals).

Music: Fast stuff

Introduction:

OT: Everyone come in and listen.

TS: Explain briefly what the lesson will be about and see if they can guess our theme.

BT: Start travelling to the music in the open spaces. You may hop, skip, jump, and run, whatever you choose. When the music stops you must listen to the instructor (stretch etc.).

RT: Remember to watch out for others and stay away from the large equipment.

ET: Start travelling a different way and when the music stops I want you to find a rope on the ground and travel in that pathway.

RT: You do not always have to use your feet. Try other body parts.

BT: Repeat the task a couple of times following the rope when the music stops.

AT: Now try travelling in a straight pathway and when you come to a pylon I want you jump over it.

RT: Bend you knees when you land your jump.

AT: Start travelling again and when you come to a hoop try jumping diagonally out of your hoop and back and to the other side diagonally and back (demonstration). Continue jumping over the pylons as well.

RT: Please watch out for others.

BT: Lastly I want you to try travelling in a zig zag pathway and when you come to a rope follow its pathway, jump over the pylon and in an out of the hoop.

TS: We will do this for a short time until the children get warmed up. We will also try to get the children to move slow and gradually quicker to get their heart rate up.

Movement Development

OT: Everyone come in close.

BT: Who can show me one way to do a straight pathway? And another way? Do we always have to use the same body parts?

BT: As you can see we have lots of equipment set up and we would like you to only explore the many ways to perform a straight pathway on the equipment.

RT: If you are going on the springboard please make sure that there is someone with an orange shirt watching.

ET: Try all different body shapes and directions on the equipment.

TS: Volunteers will encourage the children to try all the equipment and to tell them whether they are travelling a straight or zigzag pathway.

BT: Everyone freeze. Excellent job, now I would like you to try travelling in a zigzag pathway on all the equipment.

RT: Use different levels when travelling as well.

ET: Try to find one straight and zigzag that you like and join them together (demonstration).

Culmination

OT: Everyone come in close and sit down.

AT: In partners (or threes) or with a volunteer, I want you to make a pattern with straight and zigzag pathways, and maybe even curled, stretch, rolls, balances etc. You may use the equipment if you wish but try it out on the ground first with a mat (5-7 years).

BT: You must pick 3 cards (5-7 yrs) and find your own spot to create the sequence.

RT: When you have completed that task, come pick three more cards from me and try to make another sequence.

RT: When everyone is finished, each group will show their favourite one to the class.

TS: Use a demonstration by the volunteers. Everyone will show their routine to the class.

TS: If time permits, they can go back on the equipment and try to do a pattern (sequence) there.

8-12 Year Olds

- They will pick four to six cards and create a sequence (a larger variety of actions will be available on the cards).
- They will perform the sequence on the equipment.
- Depending on the time, if they look like they have finished, they will pick different cards and create a second sequence. Their best sequence will be performed to the class.