

Snatch



Lesson Focus: to perform specific fitness skills until the music stops.

Musical

What you'll need

- Hoop, bean bag (or fleece ball) for each pair or group of three students
- Music and music player

Skills to review and demonstrate

Touching alternate shoulders while in the push up position.

Kicking one leg at a time upwards while in the crab kick position.

Alternate "high fives" across the hoop while in push up position

Mountain climber-bringing alternate knees under the chest while in a push up position.

Getting started

Scatter hoops with object in center around the play space.

Pair or group students in 3's and have them face the hoop in the push up, crab walk or mountain climber position.

Hands must be outside the hoop.

Reiterate that ball or bean bag should always be in the center of the hoop.

Student Performance Objectives

Psychomotor: Students will demonstrate correct body position when performing the exercises.
Students will sustain the fitness activities intermittently for at least 10 minutes.

Cognitive: Students can define muscular endurance, strength and cardio/respiratory fitness.
Students will describe specific areas of the body that benefit from these exercises.



[Watch the Video](#)

Small space activity
for grades

2-5

Begin the action

Name the first position students will be performing.

When the music starts students perform one of the actions above.

When the music stops they try to be the first to stop and grab the object.

Immediately place the object back and begin again when the music starts.

Helpful hints

Remember to keep your knees (and bottoms in crab kick) off the floor and your hands outside the hoop until it's time to snatch!

Recap

Which position was most difficult to perform? Why?

What muscle groups were you using to do a particular exercise?

How many areas of physical fitness were you working on today? (Muscular strength and endurance -arms and core, cardio/respiratory)

National standards

Standard # 3: Maintains a health-enhancing level of physical activity and fitness.

Standard #4: Exhibits responsible personal and social behavior that respects self and others.

Standard #5: Recognizes the value of physical activity for health; enjoyment; challenge; self-expression and/or social interaction.