

Movement

Concepts



Lesson Focus: to practice basic space & movement vocabulary from a home base and to perform the designated locomotor movement.

What you'll need

- Hula hoops.
- Music and music player optional.

Skills to review and demonstrate

Hoop is the home base.

Returning to home base on cue from the teacher or when the music stops.

Getting started

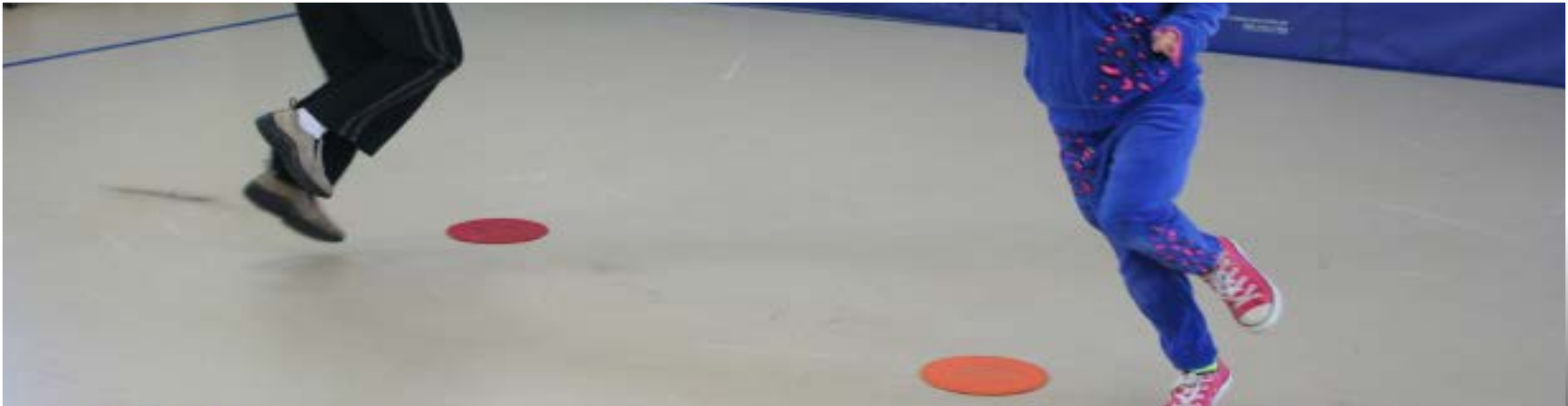
Ask the students to find a hoop for themselves.

Student performance objectives

Psychomotor: Students will demonstrate the correct position 80% of the time.

Cognitive: Students can describe a designated movement correctly 80% of the time.





Small space activity for grades

K-1

Begin the action

Intermittently have the students perform a specific locomotor movement in general space around (not over) the hoops until the signal. When they return to home base continue with the lesson. This keeps them aerobically active.

Have the students try:

- Balance on one foot inside the hoop, switch feet, jump outside the hoop and stand behind the hoop, beside, in front of, put the hoop between your feet, get under the hoop, make a bridge over the hoop.
- Hop around the outside of your hoop on your right foot, left. Walk around your hoop forward, backward.
- Stand inside the hoop, jump backwards out of the hoop, jump forward into the hoop, sideways out of the hoop, walk through the hoop

Have the students use their bodies to make statues. The hoop will be the base or the bottom of the statue.

- Make a statue where the highest part is: one foot (what would that look like?), two knees, a thumb, elbow, your bottom....etc.
- Make a tall thin statue, a round statue, low and wide, twisted, high and wide, flat and wide.....

Helpful hints

Remind the students that the faster they return to home base and focus, the more they will be able to do during the class period.

Coach students who do not understand the directions by pointing out a student who is correct: "Everyone look at Jonny's statue...."

Challenge

When I say go, or when the music starts, you will do (name a locomotor movement) around the room. On the signal or when the music stops show me one of your statues. Don't show me the same statue twice!

National standards

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| Standards 1&2: | Locomotor and non-locomotor movement; Spatial awareness. |
| Standard 3: | Fully participates in all the activities. |
| Standards 4&5: | Participates responsibly; enjoys a challenge. |

