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ES/T 200
Individual Lesson plan
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Content: Space tag

Skill Theme: Locomotor movements (hopping, skipping, running)

Grade Level: K-2

Class Size: 24 students

Time: 30 minutes

Facility: Chula Vista Hills field

Prerequisite Skills: Students have knowledge in using different body movements for transportation

Materials/Equipment: Poly spots for every student, 8 cones, 4 hula hoops, beanbags for every student

WARM-UP (2 minutes): Students will perform a brief yoga warm-up. Five poses will be explained and demonstrated simultaneously to the students, which consist of the tree, triangle, and warrior pose. The poses will be completed twice for 20 seconds each.

CONTENT DEVELOPMENT SECTION

Episode #1

B.O.- The student will be able to use their basic movement skills and knowledge to travel from one point to another.

Intro. Task: Allotted Time: 2 minutes Teaching Method: Practice

Ex. Students will hop with their left, right, and both legs (constantly alternating) inside the designated area (boundaries set up with cones) as if they were astronauts on the moon trying to maintain their balance and not bump into others.

Extending Task: A.T. 2 minutes T.M. Reciprocal

EX. Students will partner up (pairs quickly formed by the instructor) with a fellow astronaut. Both astronauts will team up to complete the mission. They must transport from one poly spot to another by holding each other's hand, which is also known as the galaxy. However, there can't be more than two people at each poly spot and they are only able to travel through the Milky Way (galaxy) by skipping.

Extending Task: A.T. 5 minutes T.M. Inclusion

Ex. Students are put in teams of four (possibly 6 groups of 4 people) and positioned on opposite ends (3 groups on each side) from each other behind a cone. They are about 6-10 feet from an

object, which is placed in the middle of them. This particular object is a bean bag. Once the instructor announces the type of locomotor skill the participants are able to race after the bean bag. However, only one bean bag is to be taken in each round. At the end, the team with the most bean bags wins.

Culminating activity: _____ A.T. 5 minutes T.M. Inclusion

EX. 4 people are selected to be asteroids. The rest of the students are astronauts. Poly spots are scattered throughout the marked boundaries. Hula hoops are placed at both ends (1 on each side) of the playing area. Once indicated, the players will try to get the poly spots (one per person) into whichever hula hoop while trying to avoid being tagged by the asteroids. If tagged then that person becomes an asteroid. The game ends when all poly spots are in the hula hoops or all players are caught.

Episode #2

B.O.- The student will be able to use locomotor movements as a means of transportation and to dodge moving targets.

Intro. Task: _____ A.T. 2 minutes T.M. Practice

Ex. Students will be positioned at any poly spot. Everyone must moon jump from one planet to another but at a very slow rate considering that they are traveling in space time. Each movement (hopping, running, etc.) and direction (left or right) of them will be directed by the instructor.

Extending Task: _____ A.T. 3 minutes T.M. Reciprocal

Ex. Students will partner up, get behind their classmate, and place their hands on their shoulders (one person is facing the head/back of the other person). The leader is in charge of guiding the rocket to safety. The pilot is also allowed to change the locomotor movement at any given time and the other person must follow their actions. Students are only permitted to travel within the boundaries/guidelines provided by NASA (the instructor).

Culminating Activity: _____ A.T. 7 minutes T.M. Inclusion

Ex. 5 students are selected to be the aliens (taggers). The rest of the students are astronauts. The aliens are trying to capture the astronauts. 4 hula hoops will be placed in the center of the playing area. These particular hoops are also known as black holes. Once an alien tags an astronaut they get sent to whichever black hole. The astronauts actually still have a chance to escape with the help of another astronaut by pulling them out of the black hole.

Closure (2 minutes): Ask students for key points on locomotor movements such as picking a few students that are willing to demonstrate to the class what was learned in the activity.