Crossing the River

INTRODUCTORY

Outcomes:

I can comply with established PE rules and expectations.

Instructions:

Two lines about 40 ft apart designate a river. Each time the youngsters cross the river they must perform a different movement. For example:  
    1. Run, walk, hop, skip, leap.  
    2. Animal Walks such as bear, crab, and puppy dog.  
    3. Partner run, back to back, side by side.

Teaching Hints:

Stress quality of movement rather than speed.  
Have students demonstrate some movements they have created.  
Reinforce creativity and original movements.

Circuit Training

FITNESS DEVELOPMENT

Outcomes:

I can identify fitness activities that are challenging for me.

Instructions:

Make signs, put them on cones, and place around the perimeter of the teaching area. Students perform the exercise specified at each station while the music is playing.  
    1. Tortoise and Hare  
    2. Curl-up variations  
    3. Hula Hooping on arms  
    4. Standing Hip Bend  
    5. Agility run - run back and forth between two designated lines  
    6. Push-up variations  
    7. Crab Walk  
    8. Bend and Twist

Teaching Hints:

Tape alternating segments of silence and music to signal duration of exercise. Music segments (begin at 30 seconds) indicate activity at each station; intervals of silence (10 seconds) announce it is time to stop and move forward to the next station.

Fundamental Skills Using Long Jump Ropes

LESSON FOCUS

Outcomes:

I can turn a long rope with a partner demonstrating 3 of 4 cues.   
I can practice jumping long rope without the teacher telling me.

Instructions:

Jump a stationary rope, gradually raise the rope.  
Ocean Waves - Shake the rope with an up-and-down motion. Students try to jump a "low spot."  
Snake in the grass - Wiggle the rope back and forth on the grass. Jump without touching the rope.  
Pendulum swing - Move the rope back and forth like a pendulum. Jump the rope as it approaches the jumper.  
Practice turning the rope with a partner.  
Practice turning the rope to rhythm. Turning the rope to a steady rhythm must precede jumping skills.  
Run through a turning rope.  
Stand in the center of the turners and jump the rope as it is turned once. Add more jumps.  
Run in, jump once, and run out.  
Front door - turn the rope toward the jumper.  
Try the following variations:  
Run in front door and out back door.  
Run in back door and out front door.  
Run in back door and out back door.  
Run in front or back door, jump a specified number of times, and out.  
Recite a chant while jumping.

Teaching Hints:

Groups of four students work well because it allows students to rotate from turners to jumpers.  
Use shorter jump ropes (8-10) for students who have trouble learning to turn.  
Teach turning by having students hold an end of the rope and standing as far apart as possible. Make small circles with the rope and gradually step toward each other, making large circles.  
Allow beginners to tell the turners what activity they want to do. Self-choice helps assure success.

Aviator

CLOSING ACTIVITY

Outcomes:

I can list two reasons an activity is enjoyable.

Instructions:

Players are parked (in push-up position) at one end of the playing area. The air traffic controller (ATC) is in front of the players and calls out, "Aviators aviators, take off!" Youngsters take off and move like airplanes to the opposite side of the area. The first person to move to the other side and land the plane (get into push-up position facing the ATC) is declared the new ATC.  
  
If the ATC yells out some type of stormy weather, all planes must return to the starting line and resume the parked position. Examples of stormy weather commands are lightning, thunder, hurricane, and tornado. Each ATC is allowed to give stormy weather warnings once.