

Theme: Tumbling

Level: Primary

Lesson #1 - Rolls

Objectives: by the end of the unit, students will be able to:

1. Demonstrate a variety of rolls, sideways, forward and backward.
2. Develops a basic movement vocabulary.
3. Follow safety rules.
4. Shares and takes turns during physical activity.
5. Explains what rolls they like best.

National Standards: 1,2,5

Lesson Plan:

Instant Activity: Jog and Jump, Jog and Spin – Jog 10 steps and jump, jog 10 steps and spin. Continue until music stops.

Safety: Keep hands and feet to self.

If you are at the side of the mat, look before you roll.

If you are at the end of the mat, wait until the person in front of you is almost to the end of the mat before you start.

Mat Placement –teach, own space on mat, end of mat, side of mat face to mat, side of mat back to mat.

Warm-up: Animal Stunts: Elephant Walk, Camel Walk, Alligator Crawl, Bear Walk, Crab Walk
Stretches – neck, back, wrists, arms, legs.

Skill Development

Log roll – arms at sides, roll sideways down the mat.

Rocket log roll- arms overhead, roll sideways down the mat.

Egg roll- tuck knees to chest, roll sideways down the mat.

Closure: What body parts did we use today? What directions did you roll? Which was your favorite activity?

Lesson #2 - Rolls

Instant Activity: –Jog and Jump, Jog and Spin

Warm-up: One time down the mat Elephant Walk, Camel Walk, Alligator Crawl, Bear Walk, Crab Walk.

New animal stunts

1. Kangaroo jump
2. Inchworm
3. Bunny rabbit
4. Lame dog walk

Stretches – repeat from Lesson #1.

Skill Development: Review log roll, rocket log roll and egg roll.

Teach

1. Forward Shoulder Roll – hands on mat in front, roll forward over shoulder.
2. Rock and Reach with buddy in front of them on floor – squat with back to mat, rock backward onto shoulders, rock forward back to feet and reach for beanbag buddy in front of them on the floor. Grab buddy and take him for a ride on your next rock and reach. Place him back on the floor. Repeat sequence.
3. Forward Roll – squat facing the mat. Place hands on mat, Tuck chin and raise bottom, roll, rock and reach for buddy sitting on the floor in front of you.

Closure: Tell your friend which is your favorite animal walk.
Tell your friend, which is your favorite roll.

Lesson #3 - Rolls

Instant Activity: Skip and Sky, Skip and Sink – skip ten steps and leap as high as you can. (sky) Skip ten steps and sink to the floor like you are melting. Repeat until music stops.

Warm-up: Pick four of your favorite animal stunts and perform each one length of the mat.
Stretches – repeat from Lesson #1.

Skill Development: Review Rock and Reach and Forward Roll. Move to the end of the mat and try consecutive forward rolls.

Teach:

Backward Shoulder Rolls – Start in a squatting position with your back to the mat. Roll backwards and make your knees go over one shoulder. Land on knees.

Back Rocker – start in a sitting position with back to mat. Rock backwards and place pancake hands on the mat above shoulders. Push with hands and rock back to a sitting position.

Squat Back Rocker – Same as above but start in a squat.

Back Rocker, toe touch – Same as above but rock back and touch your toes on the mat above head.

Backward roll – Start in a squat with back to mat. Roll backward, pancake hands and push, touch toes and land on feet.

Yoyo – forward roll then backward roll

Closure: Hard and Easy – One line in middle of room then teacher asks:

1. Which animal stunt is easiest: List two and point to the direction they are supposed to go (Ex. Crab walk and camel walk)
2. What roll is hardest, easiest? Etc.

Lesson #4 - Transfer of Weight

Objectives: by the end of the unit students will:

1. Transfers weight from feet to hands while moving or stationary.
2. Develops a basic movement vocabulary.
3. Follows safety rules.
4. Shares and takes turns during physical activity.
5. Explains which ways to transfer weight is their favorite.

National Standards: 1,2,5

Closure: What happens if you bend your arms? Should your feet land hard or soft?

Lesson #6 - Balance

Objectives: By the end of this unit students will be able to:

1. Balance on a variety of body parts.
2. Balance on low equipment.
3. Follow safety rules.
4. Share and take turns during physical activity.
5. Explain to others why balancing is fun.

National Standards: 1,2,5

Safety: Keep hands and feet to self.
Always support you neck with another body part.

Instant Activity: Water and Ice – teacher calls out a locomotor skill, when music stops, ask them to balance on a variety of body parts – three body parts, four body parts etc.

Define a balance: One elephant, two elephants, three elephants that don't fall over.

Warm-up: Show me how you can make a wide balance.

- A tall balance
- A skinny balance
- A twisted balance
- A curled balance
- A flat balance

Skill Development:

- Can you move from a balance of two body parts to three body parts? Etc.
- Can you move from a tall balance to a twisted balance? Etc.

We are going to divide the body parts into two groups – the bigger body parts are called rocks and the little body parts are called pebbles. Show me what you think a rock is and then what a pebble is.

How can you balance on four pebbles?
On two rocks?
On one rock and two pebbles? Etc.

Closure: What is a rock? What is a pebble? What makes a movement a balance?

Lesson #7 - Balance

Instant Activity: – Repeat Water and Ice

Warm-up: Review rocks and pebbles

Balance Scramble – scatter carpet squares, dome markers and hula-hoops - total of one per child. When the music starts perform locomotor skills around the objects, when the music stops do the following balances: rocks on carpet squares, pebbles on dome markers, rocks and pebbles in hoops. Repeat.

Skill Development: Balance Puzzles – laid on mats arranged on the perimeter of the gym.

Inside - Outside - Perform a balance puzzle for three elephants, then use your favorite animal walk to a carpet square, dome marker or hula-hoop and perform a balance on a pebble, rock or combination, then use a different animal walk back to perform a puzzle. Repeat.

Closure: When do you use balance at home? What sports use balance? When do adults use balance?

Lesson #8 - Balance

Instant Activity: Repeat Gators and Geese from Lesson #5.

Warm-up: Introduce Balance Cards on special areas. After learning the cards play music and perform locomotor skills, when the music stops, teacher hold up a card for the students to balance. With first graders have them perform the balance on a line.

Skill Development: Show me how you can make the following balances on a line:

- A wide balance .
- A tall balance.
- A skinny balance.
- A twisted balance
- A curled balance
- A flat balance

Copycat – On a mat, one partner make a balance, other partner copy that same balance. Then repeat with other person making the first balance.

Stretchie Balances – On the mat give each child a stretchie. Challenge them to perform different balances using the stretchie.

Movement Sentences - Chose three of your favorite balances and put them in an order to create a movement sentence....must say "Ta Da" at the end. First graders can do more balances.

Closure: Why did you pick the balances you did as your favorite? When you are good at something does it make you like to more? What if something is hard? Easy?

Lesson #9 - Flight

Objectives: by the end of the unit, students will be able to:

1. Hop on either foot, Leap from one foot to the other, land with bent knees.
2. Jump off of low equipment, land safely and roll.
3. Follow safety rules.
4. Listen and respond appropriately to feedback in regard to motor skills.
5. Demonstrate a willingness to try new activities and identify those which are enjoyable.

National Standards: 1,2,5

Safety: Look before you leap.
Land with bent knees, roll if needed.

Instant Activity: Hump Jump – Place dome markers around the room. Students first run and jump over the markers. Heap Hop - then run and hop over them. Lump Leap – run and leap over the markers.

Warm-up: Which locomotor skill, jump, hop or leap makes you go higher, which one makes you go further? Discuss this with a partner, then jump, hop, leap and test your theory.

Skill Development: Using bleachers, folded mats or benches have the students do the following:

Jump forward, land and roll.

Jump sideways, land and roll.

Jump backwards, land and roll.

Jump and make the following letters in the air (T, V, O), land and roll.

Jump forward, do a 180, land and roll.

Jump, touch your toes, land and roll

Jump and curl, land and roll.

Jump and twist, land and roll.

Jump, make a wide shape, land and roll

Jump, make a narrow shape, land and roll.

Jump, clap hands behind back, under leg etc., land and roll

Closure: Tell us about how to land safely. What is the difference between a jump, hop and a leap?

Lesson #10 - Flight

Instant Activity: Crab Wrestling –divide class into two circles, while in crab position students try to push other students with their bodies and make their bottom touch the floor...hands and feet must remain on the floor. If your bottom touches the floor, move to the other circle and try again.

Warm-up: Show your group your 5 favorite ways to use flight from lesson #9.

Skill Development:

Jump forward, land, roll and make a balance.

Jump, sideways, land, roll and make a balance.

Jump, backward, land, roll and make a balance.

Jump forward, land and make a balance

Jump sideways, land and make a balance

Jump backwards, land and make a balance

Jump, land, balance, and animal walk to the end of the mat.

Teachers – explore ways to combine rolls, transfer of weight, balance and flight.

Closure: What animals are good at flight besides birds? When do you use flight on the playground? When do you use flight in sports?