

Lesson 1 of 6

Activities in Small Spaces

ABCD's of Physical Education



Do it Daily...For Life!

Do it Daily...For Life!

Effort	
Safety	
Goal Setting/ Personal Challenge	D(2-3)-7
Active Living in Community	

EQUIPMENT

Music » music player » hula hoops for every 1-2 students

RELATED RESOURCES

Physical Education Online website, www.education.alberta.ca/physicaleducationonline

Warm It Up

GROOVIN' TO THE MUSIC

Ask students to watch each other during the warm up

activity and be ready to share what it looks like when hearts are pumping. Start the music and instruct students to move throughout the activity area in time to the beat of the music. Students can choose to move in their own way, or a locomotor movement can be chosen for all students; e.g., marching, skipping, hopping on one foot. Remind students that they should be moving in a way that works out their heart. Invite students to mirror the movements of a partner, and then challenge all students to follow the movements of one leader. Each leader can choose how the group will move for 16 beats of the music. All students should have a turn being the leader. Consider stopping the music every few minutes and leading students in a movement task; e.g., touching toes, balancing on one foot. The proper technique, teaching tips and videos of a variety of locomotor movements can be found on the Physical Education Online website (see Related Resources).

Ask students how they could tell if their hearts were pumping; e.g., red face, breathing faster, felt own heart pumping faster. Share examples of ways in which you observed students challenge their individual abilities.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.

Clues that students are achieving the outcome...

"Students will identify ways to change an activity to make it a challenge based on personal abilities" *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can keep their heart rates elevated while participating in physical activities
- Students can move at speeds and in ways that challenge their abilities



Whoop It Up

MUSICAL STATUES

Be sure to take into account the abilities of all students when planning learning opportunities and incorporating variations as needed to ensure learning and success for all. This game is similar to musical chairs, with a twist. Scatter hula hoops throughout the activity area and instruct students to stand in a personal space outside of the hoops. When the music starts, students move around the hoops throughout the activity area in a way that will keep their heart pumping, but at a speed that is not faster than the pace of a fast walk. Students will need to move at different levels (high, medium, low) and in different pathways (diagonal, straight) to challenge their abilities. When the music stops, students move into a hoop and freeze as a statue and hold it until the music begins again. After the second statue, discuss strategies for holding a balanced position; e.g., squeeze core muscles, look at a spot on the wall or floor. Challenge students to freeze like a tree, dog, snake, mountain; or on 2, 3, 4, then 5 body parts.

Take away some of the hoops so there is one for every two students. When the music stops, students must get into a hoop and make a partner balance. Balance should be held for 5 seconds. This same activity can be done balancing in groups of 3 or 4 as well.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR) 2013, www.acicr.ca.



Wrap It Up

Play some peaceful classical music and have students walk around the activity area in slow motion to cool down. Students should stretch and exaggerate their slow motion walking movements. As students walk, ask them to share how they were successful at keeping their hearts pumping throughout the activity.