

Lesson 1 of 6

Locomotions

EQUIPMENT

obstacle free area » 4 - 7 hula hoops » fast-paced western music, e.g., 'Cotton Eyed Joe' by Rednex

RELATED RESOURCES

Ready-to-Use P.E. Activities for Grades K-2 & Grades 3-4, J. Landy & M. Landy, 1992, www.amazon.ca
Physical Education Online website, www.education.alberta.ca/physicaleducationonline

Warm It Up

RABBITS AND FOXES

Choose 4-5 students to be foxes. Foxes must travel on their hands and knees/

feet and try to tag rabbits. All other students are rabbits, who must travel by hopping on one foot. Students may need to vary the foot that they are hopping on often throughout the warm up. Should a rabbit be tagged by a fox, they switch roles, i.e., the rabbit becomes a fox and the fox becomes a rabbit. After 5 minutes of play, signal the last minute of play. During the last minute, when a rabbit is tagged it becomes a fox, but the foxes do not become rabbits. The goal is to catch all of the rabbits as quickly as possible in the last minute. The proper technique, teaching tips and a video of hopping can be found on the Physical Education Online website (see Related Resources).



Safety First!

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

ABCD's of Physical Education



Activity	
Basic Skills	A2-1
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will select and perform locomotor skills involved in a variety of activities." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can hop, crawl, gallop and run
- Students can move in the appropriate way for their assigned role



Whoop It Up

GALLOPING

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Have students scatter throughout the activity area and find a personal space. Demonstrate the basic gallop step; take a big step forward with one foot and step forward with the other foot to bring feet together. Ensure students understand that one foot always leads and the other foot always follows. A good analogy is the lead foot is the cat foot, and is always being chased by the other foot, the dog foot, but the dog foot never catches the cat foot. They may do a little “kiss” in the middle as they are moving, but the dog foot never passes in front of the cat foot. Have the students practice galloping around the gym into open spaces. On a signal, such as a whistle or “freeze”, challenge students to switch the lead (cat) foot and continue galloping into open spaces. As students master the gallop step, have them perform it slow and fast, high and low. Challenge the students to see if they can perform double gallops; switch the lead foot after every two gallops. Challenge students to create galloping patterns that incorporate a variety of galloping steps and include other locomotor skills, e.g., walking, running, hopping, jumping, and skipping.

ROUND UP: Choose four to seven students to be cowboys/cowgirls. The cowboys/girls will run throughout the activity area holding a hoop and using the hoop as a lasso to try and catch a horse. All other students are horses and must travel by galloping throughout the activity area. If a horse is encircled by a hoop and is captured, the cowboy/girl brings them to the corral, a designated corner of the activity area. A horse that is captured must perform a special exercise, e.g., 5 tuck jumps and a leap or have the class choose, before being free to leave the corral and join the other horses on the open range. Play western music during the game and stop often to have cowboys/girls switch roles by giving their hoop to a student who has not yet had a turn being a cowboy/girl. To modify the horse capture, have the cowboy/girl carry the hoop and tag the horse with their hand. Once the horse has stopped, then the hoop can safely be put around the horse.



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Activity

Wrap It Up

Review the basic gallop step, and instruct students to gallop slowly (tired horses) and gather in the middle of the activity area. Ask students to identify activities that may require a gallop step. Review the rules of the Round Up game and consider using it for a warm up the next class.