

Lesson 1 of 6

Games in Small Spaces

EQUIPMENT

- » obstacle free area
- » music
- » music player
- » beanbags or other small objects that do not roll
- » one hula hoop per student
- » fitness task cards
- » large foam die

RELATED RESOURCES

- Ready-to-Use Physical Education Activities for Grades 5-6 (LRC# 257205), J. Landy & M. Landy, 1993, www.lrc.education.gov.ab.ca
- Physical Education Online website, www.education.alberta.ca/physicaleducationonline

Warm It Up

MOVE TO THE MUSIC

Students stand facing a partner 1-2 meters apart with a beanbag on the ground an equal distance between them. When the music starts, students try and move to the beat of the music and do a predetermined exercise; e.g., hop on one foot, tuck jumps, or jumping jacks. When the music stops, students squat down in an attempt to grab the bean bag before their partner. The first student in each pair to grab the beanbag and sit down scores one point. Change partners after each round by having one student in each pair rotate clockwise. Repeat the challenge several times. Change the tempo of the music often and encourage students to time their movements to the beat. After several rounds, discuss different kinds of physical activities that can make the heart beat faster and stay healthy and strong and explain to students their challenge is to complete the activities of the day in a way that is personally challenging.



Safety First!

For safety, equipment, and supervision considerations when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.

ABCD's of Physical Education



Do it Daily...For Life!

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Effort	
Safety	
Goal Setting	D(4-5)-7
Active Living in Community	

Clues that students are achieving the outcome...

"Students will demonstrate different ways to achieve an activity goal that is personally challenging." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can keep their heart rates elevated for the duration of the activity
- Students can complete fitness card activities in ways that challenge their abilities



Whoop It Up

MUSICAL HOOPS

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. Scatter hoops throughout the activity area and place a fitness card face down inside each hoop. When music is playing, students will move throughout the activity area performing the locomotor movement of their choice other than running; e.g., hopping, galloping, skipping. When the music stops, each student moves to a hoop and reads the fitness card. A leader rolls the foam die and whatever number appears indicates the number of times each student will perform the activity on their fitness card. Once complete, students return the fitness card to the hoop and get ready to move throughout the activity area using a different locomotor movement. Fitness card activities might include line jumps, jumping jacks and jills, crunches, mountain climbers, jumping over the hoop, or hopping on each foot.



Safety First!

For safety, equipment, and supervision considerations when planning fitness activities, see page 53 in “Safety Guidelines for Physical Activity in Alberta Schools”, Alberta Centre for Injury Control and Research (ACICR), 2008, www.acicr.ualberta.ca.



Wrap It Up

Students each pick up a hoop and return it to a central location for cleanup, and then walk two laps of the activity area to cool down, taking a water break as needed. Lead students through a head to toe stretch while asking students to share ways in which they were successful at keeping their hearts pumping throughout the activity. Share examples of ways in which you observed students complete the fitness activities in personally challenging ways.