

Lesson 5 of 6

Rhythmic Routine

EQUIPMENT

obstacle free area » hoops (one per student) » music » dice

RELATED RESOURCES

- Teaching Rhythmic Gymnastics: A Developmentally Appropriate Approach (LRC# 537178), H. Palmer, 2003, www.lrc.education.gov.ab.ca
- Daily Physical Activity: A Handbook for Grades 1-9 Schools, Alberta Education, 2006, www.education.alberta.ca/teachers/resources/dpa/aspx

Warm It Up

Provide each student with a hoop and instruct them to line up on one side of the activity area. Challenge students to roll their hoop to the other side of the activity area while traveling beside it. Repeat 2-3 times, then challenge students to spin their hoop, run and touch the wall on the opposite side of the activity area, and return to their hoop before it falls to the floor.



Safety First!

For safety, equipment, and supervision considerations when planning rhythmic gymnastics activities, see page 103 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008.

ABCD's of Physical Education



Activity	
Basic Skills	A6-5
Application of Basic Skills	

Clues that students are achieving the outcome...

"Students will demonstrate ways to receive, retain and send an object with increasing accuracy" *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can show controlled body awareness while performing hoop handling skills
- Students can show rhythm awareness while manipulating an object in space
- Students can create sequences with 5 hoop skills and transition movements



Whoop It Up

RHYTHMIC 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. Instruct students to find a personal space and try the following activities with a hoop:

1. **Spins:** spin the hoop on the floor with right hand and left hand; try spinning clockwise and counter clockwise; spin and move in different ways around the hoop; spin and jump in the hoop as it slows down.
2. **Rolls:** roll the hoop forward and then run and catch it; roll and run ahead of the hoop and catch it; roll the hoop with a back spin and catch it (boomerang)
3. **Swings:** swing the hoop in front of the body holding on with both hands and then one hand; swing on the side of the body alternating sides and hands; swing the hoop behind the body from hand to hand; try 'picture frame' start with an under grip, then bring hoop up in front of the face. . . swing it down and around back up into 'picture frame'
4. **Circles:** change grip as needed to move the hoop in a circle around body parts, then around the whole body.
5. **Rotations:** spin or 'hula' the hoop around body parts; rotate it around one hand or one arm, high and low, clockwise and counter clockwise.
6. **Throw and Catch:** from a side swing throw the hoop in the air and catch, try with each hand; with the hoop flat and parallel to the floor; try a 'pizza toss' up in the air and catch it again flat; try it again flipping it in the air like a 'pancake toss'; travel as you throw and catch (walk, skip, hop).

RHYTHMIC ROUTINE: Groups of 3-4 students will create a routine that includes five different hoop skills and begins and ends with different hoop balances. Consider having groups roll a die to determine the category from which each hoop skill will be chosen; e.g., 1 = spins, 2 = rolls and so on up to 6 = throw and catch. Each group rolls the die five times, selects one hoop skill from each category, and chooses locomotor movements (on feet and other parts of the body) to link the skills together. Each routine should include music, and a change of speed, weight, level, direction and pathway. Post and review the criteria with students, and make changes as needed to ensure clarity.



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Activity

Wrap It Up

HOOP RELAY

Groups of 3-4 students join another group to form groups of 6-8 and stand in a line with hands joined. A hoop starts at one end of the line and must travel down the line to the person on the end and back again without letting go of hands. This activity can also be done in a circle and with other apparatus.