

## Lesson 1 of 6

# Rythmic Movement

### EQUIPMENT

ribbons » scarves or plastic bags » duelling banjo music » music with a 4-count beat » index cards » pencils » music player

## Warm It Up

### DUELLING BANJOS

Invite students to choose two scarves or plastics bags and to stand in a personal space. Ask students to face you and explain that you are going to perform a 4-count movement to the beat of the music (banjo 1). During the 4-counts that follow, challenge students to repeat the same movement, and to enhance the move by adding their own style (banjo 2). Turn on the music and begin the duel! After a few rounds, invite a student to lead the large group, or divide the class into four or more smaller groups with a student leader in each. Sample 4-count leader movements might include:

- Extend arms straight in front of body and alternate lifting right and left arms.
- Run to the right while kicking gluteus.
- Bend low and reach high while moving arms to draw a big circle.
- Gallop to the left, using the scarves as reins.

ABCD's of Physical Education



### Activity

Basic Skills	A(4-5)-1
Application of Basic Skills	

### RELATED RESOURCES

- Teaching Children Gymnastics (LRC# 552689), P. Werner, 2004, [www.lrc.education.gov.ab.ca](http://www.lrc.education.gov.ab.ca)
- PE Universe website (videos of activities), [www.peuniverse.com](http://www.peuniverse.com)



### Safety First!

2008 Safety Guidelines pages 19-20.

### Clues that students are achieving the outcome...

"Students will consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance." *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate locomotor skills while using ribbons.
- Students can move through space with control, rhythm, and fluidity.



## Whoop It Up

### EXPLORING RHYTHM AND MOVEMENT

Before the lesson, write one piece of information about rhythmic gymnastics on different index cards; e.g.,

apparatus used in competition include the rope, hoop, ball, clubs, and ribbon, a Canadian, Lori Fung, won the first Olympic gold medal in rhythmic gymnastics at the 1984 Olympics. One card is needed for every 4-5 students. Post the index cards on the walls throughout the activity area.

Explain that rhythmic gymnastics routines are performed to music and the music affects the way gymnasts move with and without the apparatus. Place students in groups of 4 and challenge them to move their bodies and scarves in different and creative ways as they travel to each index card to read and learn more about rhythmic gymnastics. Stop and start the music to indicate when groups should move to the next index card.

Provide a ribbon to each student (or continue using scarves and plastic bags). Challenge students to complete the following:

- Draw different shapes in the air with one foot, then the other, then with both feet.
- Move along the floor in the shape of different numbers as they are called out loud.
- Draw different shapes using the ribbon, while holding it in both the right and left hand; e.g., square, star, mountain, spiral.
- Toss and catch the ribbon, then pivot, turn, leap or jump before catching.

Play music and invite students to travel in a variety of ways to the beat of the music while holding onto their ribbon; e.g., walk, jog, gallop, slide. Challenge students to toss and catch their ribbon every fourth beat, adding jumps and turns as desired.

Instruct students to return to their group of 4 and create a sequence that includes 3 ribbon movements, 3 locomotor movements, and ends in a static balanced position. When ready, instruct half of the class to perform their sequence while the other half sits and watches, then switch roles. While watching, students should observe how other groups move to the beat of the music and creatively combine ribbon shapes and locomotor skills.



### Safety First!

2008 Safety Guidelines page 103.



Activity

## Wrap It Up

### MOVEMENT ROUND

This activity is similar to singing in a round, where all groups perform the same movement, each starting a few beats after the other. Divide the class into four large groups standing 2-meters or more apart. Identify and post 4 different 4-count moves; e.g., 4 marching steps forward making circles with the ribbon. Groups will complete each move twice before moving on to the next. The second group will start after the first group has completed 4-counts and so on.