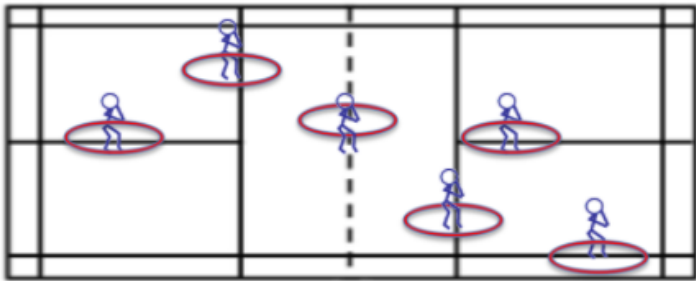


Lesson 3 Run Here, There, and Everywhere

<p>Lesson #: 3 of 3 Unit: Fundamental movements Topic: Locomotor movements: running, understanding self-space, moving through general space Grade(s): Kindergarten Materials/Resources: - Hula hoops</p>	<p>Learning objectives: TSWBAT...</p> <ul style="list-style-type: none"> - Cognitive: Follow instructions, move according to directions (left, right, forward, backward) - Affective: Be aware of personal space and space surrounding them, work with a partner and follow their movements - Psychomotor: Run in game play, complete animal movements as a form of locomotion, move on a line, move in different directions 	
<p>Parts of the lesson</p> <p style="color: purple;">Set up for me before class: - Hula hoops</p> <p>Activities:</p> <ol style="list-style-type: none"> 1) Warm-up 2) Body 3) Culminating activity 4) Closure 	<p>Time</p> <p style="text-align: center;">5 min 10 min 15 min 5 min</p>	<p>Teaching Points</p> <p style="text-align: center;">Red Light, Green Light Line moving Bus Drivers Line Monsters Discussion and Recap</p>
<p>Lesson Description</p> <p>Warm-up: Red Light, Green Light</p> <ul style="list-style-type: none"> - All students will receive a hula hoop. The hula hoop is their “car”. Students stand on a line on the gym floor holding their hula hoop. - When the teacher says “green light” the students run, holding the hula hoop, on the line of the gym floor. - If the teacher says “red light” all students must freeze where they are. The game resumes when the teacher says “green light”. - If the teacher says “yellow light” students stop running and try to move as slow as they can. The teacher can then say “red light” or “green light”. - Safety concerns: Students will be running all over the gym so they need to have their heads up and eyes open to make sure they do not run into someone. Students also need to be focusing to hear what the teacher is saying, so no screaming or yelling when running. - Guiding questions: What happens when I say “green light”? When do you need to freeze? What does yellow light mean? 	<p style="text-align: center;">5 min</p>	<ul style="list-style-type: none"> - All students get a hula hoop and stand on a line - Green light means run around the gym on a line - Red light means freeze where you are - Yellow light means move slowly - Keep your head up and do not run into each other

- Modifications: To make it harder the teacher can add other terms such as “out of gas” where students must stop, drop their hoop, and pretend to fill their car with gas. Another term can be “it’s raining” where students stop, drop their hoop, and pretend their arms are windshield wipers. Teachers can also add an elimination factor if they want or make students do a movement if they’re caught moving at a red light. To make it easier teachers can play the game with just red light and green light. You can also add music and stop it at a red light to help cue students to stop.



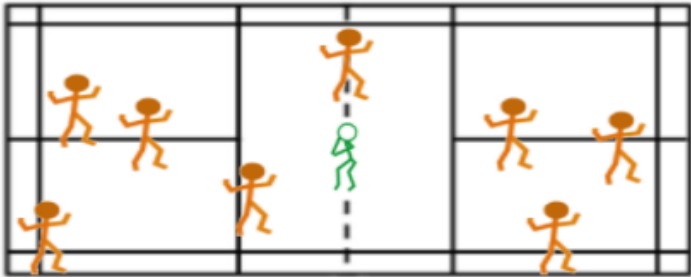
Line Moving

- Have all students stand on a line anywhere in the gym.
- The teacher instructs students to move in a direction (forwards, backwards, left, right) and instructs a locomotor movement for them to do
- In the first few rounds, it is probably best to just use running or walking. Other movements could be skipping, crab walk, bear walk, crawling, etc.
- Students can also choose the movement that they want to do and feel comfortable performing. (UDL 7.1).
- As students move, play music. When the music stops the students should stop and prepare for a new direction and movement.
- **Safety concerns:** Since all of the students will be moving around the gym and possibly in directions where they can't see each other, they need to move carefully. Watch out for others and watch out for walls. Careful not to step on hands or toes.
- **Guiding questions:** What do you do when the music starts? What do you do when the music stops?

5 min

- Students spread out in the gym on a line
- Teacher says a direction to move and a type of movement
- When the music stops you stop

- Modifications: To make the game more interesting you can make students do a lap if they step off their line. You can also increase the speed that you change movements and directions. To make it easier you can just focus on directions without changing movements.



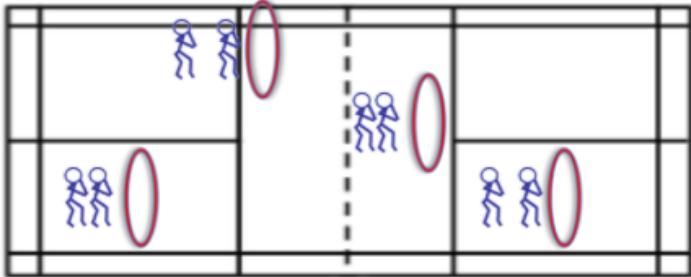
5 min

Bus Drivers

- Divide students into groups of two. Give each partnership one hula hoop. The hula hoop will be a “steering wheel”.
- One student will have the steering wheel and be the “bus driver”. The bus driver will move around the gym as if they were driving a bus, turning left and right, moving forwards and backwards.
- The other student will stand behind the bus driver and follow their lead.
- The teacher will decide how fast students move (walking, jogging, or running) and tell the students when it is time to switch drivers.
- This activity requires students to work in partners, but be sure to switch partners often so that students can work with a variety of people (UDL 8.3).
- **Safety concerns:** Students will all be in pairs running around the gym so they need to watch out for other pairs and walls. Students do not need to hold onto or touch their partner to play the game.
- **Guiding questions:** What does the bus driver do? What does the other person do? What do we need to watch out for?
- **Modifications:** To make the game more challenging you can make it so that the students have to run around in pairs collecting bean bags or an object. You can also make one pair of students “it” and they have to run around

- Students are in pairs with one hula hoops
- One person is the driver, the other person follows
- The driver moves left, right, forwards, and backwards around the gym
- Teacher decides if they are running, jogging, or walking

tagging other pairs. To make the game easier, limit students to only walking. You can also make students move on a line instead of freely around the gym.



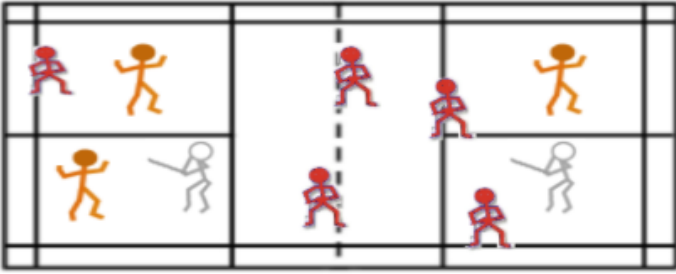
Line Monsters

- All students move on the lines of the gym floor, except for 2-3 students who are the “monsters”.
- All students who are not it have to run on the lines. If they get tagged by a monster, they must step off the line and put their hand in the air to get a high five.
- You can tell the students that when they get tagged the monsters have taken all their energy so they need to get more energy from a friend. They get more energy by being high fived by a friend.
- Once they get a high five, they can rejoin the game and run on the lines.
- Monsters do not have to stay on the lines, but they can only walk. To get all students moving, make sure you switch taggers often.
- **Safety concerns:** Students need to be gentle when tagging each other, must be careful when running on the lines, and need to be gentle when high fiving each other.
- **Guiding questions:** What happens if you get tagged? Who stays on the lines? How do the monsters move? How do you get back in the game?
- **Modifications:** To ensure safer tagging, try using tagging tools such as pool noodles or foam frisbees. To increase student choice, you can allow students to run, skip, or walk. If you want all students on lines you can choose certain

15 min

- Students run on the lines and try not to get tagged by monsters
- If tagged, step off line and put hand in air for a high five
- Once high fived, return to game
- Monsters do not have to be on lines, but must walk
- Be respectful and gentle when tagging

lines for students and other lines for the monsters.



Closure

- When we are moving in different directions we need to be aware of our space and watch out for others
- Was it easy or hard to follow your partner in bus driver?
- Was it easy or hard to get tagged in line monsters? Would it have been easier or harder if you didn't have to move on a line?

5 min