

**Grade Level: K-2**

**Unit: Traveling**

## **Lesson 2: Walk, Jog, Run**

### **Objectives**

- Student will be able to demonstrate moving safely through general space.
- Student will be able to understand and follow class rules.
- Student will be able to show self-control during skill practice time.

### **Standards**

- Demonstrates safe movement through general space. MOSHAPE GLE S2.E1.Kc
- Perform locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. MOSHAPE GLE S1.E1.K
- Hops, gallops, jogs and slides using a mature pattern. MOSHAPE GLE S1.E1.1
- Runs with a mature pattern. MOSHAPE GLE S1.E2.2b
- Travels showing differentiation between jogging and sprinting. MOSHAPE GLE S1.E2.2c

### **Key Vocabulary**

- Speed
- Personal space
- Walk, jog, run

### **Equipment Needs**

- Noodles or tagging apparatus
- Station signs

### **Set-up**

- Students spread out in personal space
- Students spread out on a line in the activity area

### **Safety**

- Check activity area for obstacles or holes
- Instruct students to keep eyes forward when moving

### **Warm Up**

- Stations. Choose 5-6 fitness stations.(ex. push-ups, curl-ups, jump rope, etc.) Demonstrate proper technique. Divide students and have them start at a station. Spend 30-60 seconds at each station.

### **Description: Red Light, Green Light**

1. Students spread out to find personal space. Students can move anywhere in the activity area for this version.
2. When you say 'Yellow Light' everyone will move at a slow jog.
3. When you say 'Green Light' everyone will move at a safe running speed.
4. When you say 'Red Light' everyone must immediately stop.
5. If a student doesn't respond appropriately to a light they move to a fitness station, complete the exercise and return to the game.

### **Description: Pacman/Line tag**

1. Have students spread out in personal space on a line in the activity area.
2. Pick two taggers and have them spread out on any line in the activity area.
3. **1st round**, demonstrate **walking** on the line and explain that you can NOT pass people and must only walk.
4. When tagged student must sit down and becomes a road block.
5. Play for one song then pick new taggers. Play a few rounds WALKING only.
6. When students demonstrate they understand, can follow directions and move safely you may add jogging & running.

### **More Challenging**

- Add more locomotor skills as lights (skipping light, galloping light, crab walk light, etc...)
- Add exercises as lights (Jumping Jack Light)
- Instead of roadblocks in Pacman tag students can make a tunnel with their body and students may crawl under them.

### **Less Challenging**

- Choose a slower speed

### **Assessment**

- Self-assessment/Reflection - Thumbs up, side, or down to a peer and to the teacher
  - Were you safe traveling in a walk, jog, and run?
  - How do you know?

### **Cool Down/Review/Closure**

- Complete assessment and then breathing exercise. Take several belly breaths.
- Have students sit or lay down and feel their bellies filling up with air.
- After several breaths have students share how they feel.