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.