

Grade Level: K-2

Unit: Traveling

Lesson 4: Slide/Shuffle, Skip, and Gallop

Objectives

- Student will be able to demonstrate the ability to travel safely in all directions using a variety of locomotor skills.
- Student will be able to participate in sustained moderate physical activity.
- Student will be able to follow class rules and procedures.

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
- Skips using a mature pattern. MOSHAPE GLE S1.E1.2a

Key Vocabulary

- Slide
- Skip
- Gallop
- Personal Space
- Self-Control

Equipment Needs

- 4 Cones
- 3 Cones labeled with a **House of Straw, House of Sticks, and House of Bricks.**
- The Three Little Pigs book OR Show short animated video on YouTube.
- Hula Hoops 1 Hoop per 2 students.

Set-up

- 4 cones in 4 corners of activity area
- 3 cones in 3 separate corners of activity area
- Hula Hoops on line outside of activity area

Safety

- Check activity area for obstacles or holes
- Students will roll hula hoops safely and in control
- Instruct students to move safely in the activity area with other students

Warm Up

- Demonstrate how to **SKIP, GALLOP, SLIDE, and SHUFFLE.**
- Play 4 corners Rock, Paper, Scissors.
- Demonstrate how to play R, P, S (you can choose to play the active version-(***Active Rock, Paper, Scissors***) Students jump 4 times. The first 3 they jump and say Rock, Paper, Scissors and on the 4th jump they land in one. **Rock** is feet together. **Paper** is feet apart. **Scissors** is one foot in front and one back.)
- Place a cone in each corner labeled with **SKIP, GALLOP, SLIDE, SHUFFLE** and let students choose one to start at. You play R, P, S with a friend. The winner advances to the next cone using the locomotor shown on that cone and the unsuccessful student stays and finds another friend to play.
- They can earn 1 pt. each time they make it all the way back to their starting cone.
Variation If they are unsuccessful they perform an activity labeled on the cone before playing another friend.

Description: Three Little Pigs

1. Read the book or show video of **The 3 Little Pigs.**
2. Teacher will repeat the wolf's line "Little Pig, little pig, let me in" and all the students will say "Not by the hair of my chinny chin chin". Do this several times.
3. Assign students a "house" to start at and are set up on cones in 3 corners of the gym.
4. Choose a tagger (wolf). The tagger will choose a house to start at and say "Little Pigs, little pigs, let me in!" And all the students will reply, "not by the hair of my chinny chin chin."
5. Then the wolf says "then I'll huff and I'll puff and I'll blow your house in". The wolf will take a deep breath and count to 3 on the exhale as the students (pigs) try to **SKIP or GALLOP** and make it safely to another house. The wolf can't chase them until they count a 3 second exhale.
6. If students (pigs) make it to a new house they stay there and wait for the wolf to come.
7. If students (pigs) are caught by the wolf (tagged), they go to the center of the gym and perform exercise teacher assigns for that round.
8. Once the pig has gone to every house choose a new wolf.

Description: Donkey Kong Run

1. Students are split into two groups. One group of students will line up on the designated end line ready to travel. The other group of students will be lined up on opposite sides of the activity space creating a lane.
2. The group of students who created a lane, will roll hula hoops across the lane while the group of students traveling will dodge the hoops to get to the opposite side.
3. Students will travel in a slide, shuffle, skip, or gallop at teacher's command across the lane going one direction and then jogging around the outside to come back and start again.

More Challenging

- Student changes his/her speed and directions traveling through the lane.

Less Challenging

- Student complete slide, shuffle, skip, or gallop outside of the lane.

Assessment

- Checklist

Cool Down/Review/Closure

- Sit down with a partner to stretch and share the locomotor skill they are most confident in and the one they need to practice more. Students can sit with straight legs with the bottoms of their feet touching and try to reach for their partners hands to stretch lower back and hamstrings.