



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Watermelon Crawl

7-9

General Outcome A



Basic Skills:

Locomotor

Application of Basic Skills In:

Dance

General Outcome B



Functional Fitness

General Outcome C



General Outcome D



Effort

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity - Review "Slap Leather", children in scatter formation in the gym.

Body - Teach "Watermelon Crawl"

- right foot-toe, heel, step ball change; reverse (left)
- grapevine right; reverse (left)
- right slide forward, left slide forward; reverse (backwards)
- R, L, R, L (hip thrusts)
- right forward - 1/2 pivot to the left (3x)
- step R forward, left close with a stomp.

Repeat

- go over each part slowly, adding more until comfortable that students know it
- Culminating Activity - Students attempt to do it on their own

Assessment Strategies:

Class can develop a rubric for dance. This can be used either as peer or self assessment. What does it look like when someone is doing a dance well?

Criteria could include:

- steps done in time to music
- work as a total group
- timing of move changes
- overall presentation (smile, attitude, body language)

Equipment:

Cadillac Ranch - Nitty Gritty Dirt Band

Watermelon Crawl - Tracy Byrd

Resources:

Adaptations:

Have children help each other out one on one.