



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Movement Sequences

4-6

General Outcome A



General Outcome B



Basic Skills:

Locomotor

Application of Basic Skills In:

Types of Gymnastics

General Outcome C



General Outcome D



Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity - Have children show a balance on one body part (hold for 5 seconds), now 2 body parts, 3, then 4. Repeat but change levels with each change. Now try it with a partner must be in contact (physically) with partner.

Body - Have children create a sequence individually including locomotor, roll, balance up to 5 parts (some may be repeated). When finished show a partner and see if they can put words to the actions. Are the actions smooth? Did you vary the levels? Use different body shapes? Teach each other your sequence. Working together, create a new sequence with your partner using the above actions up to a maximum of 6 items.

Culminating Activity - Show sequences to the rest of the class

Assessment Strategies:

Sequence checklist

1. beginning___
2. locomotor___
3. roll___
4. balance___
5. flow___
6. levels___
7. shapes___
8. partner___
9. formation___
10. ending___

„ı - yes

NI - needs improvement

O - not observed

Equipment:

individual mats - one per student

Resources:

Resources: Physical Education Unit Plans for grades 3-4 - Teaching Children Movement Concepts and

skills
LRC# 395980

Adaptations: