

Level/Grade: Elementary

Lesson Focus: Dance (Zumba)

Motor Areas: Physical Fitness

Equipment:

Equipment to watch YouTube Video (Computer / Tablet)

Standards Addressed:

- 1.7 Perform folk and line dances.
- 1.8 Develop, refine, and demonstrate routines to music.

Warm Up:

Perform each movement 10 times. Look at the attached task cards for example of each movement.

- 1. Arms circles forward
- 2. Arms circles backward
- 3. Alternate reaches “reach to the sky”
- 4. Marching in place “high knees”
- 5. Running in place
- 6. Jumping Jacks “Rocket ship & Pencil”
- 7. Latissimus Dorsi stretch “Make a Rainbow”
- 8. Arms up “reach to the sky”
- 9. Trunk twist
- 10. Tricep Stretch “scratch your back”
- 11. Deltoid Stretch “give yourself a hug and touch your nose”
- 12. Hamstring Stretch “touch your toes”
- 13. Quadricep Stretch “grab foot and balance like a flamingo”
- 14. Gastrocnemius Stretch “big step”
- 15. Wrist Circles
- 16. Ankle Circles

Activity:

Zumba Dance- “I like to move it” Song

Youtube Video Link- <https://youtu.be/ymigWt5TOV8>

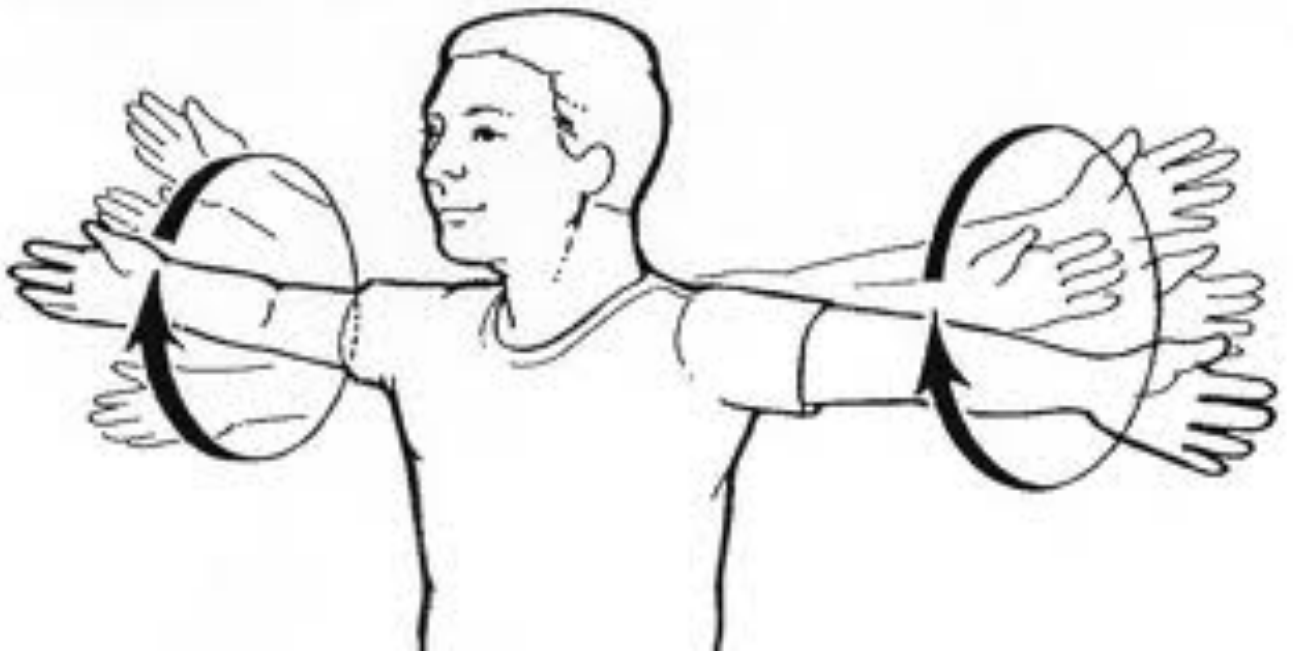
Watch and try to follow along with the video. Here are the basic movements that will be demonstrated by the children in the video.

- Bicycle Arms And Jumps
- Arm waves and Arm pumps
- Arms Side to Side Above head

Modifications:

Make up your own dance movements that are easy for you to do.
All arm movements can be performed in a seated position.

Arms Circles Forward



Arms Circles Backward



Alternate Reaches "Arms up"



Marching in Place

"High Knees"



Running in Place



Jumping Jacks

"Rocketship Pencil"



Latissimus Dorsi Stretch "Make a Rainbow"



Arms Up

"Reach for the Sky"



Trunk Twist



Tricep Stretch

"Scratch Your Back"



Deltoid Stretch

"Give Yourself a Hug"



Hamstring Stretch

"Touch the Floor"

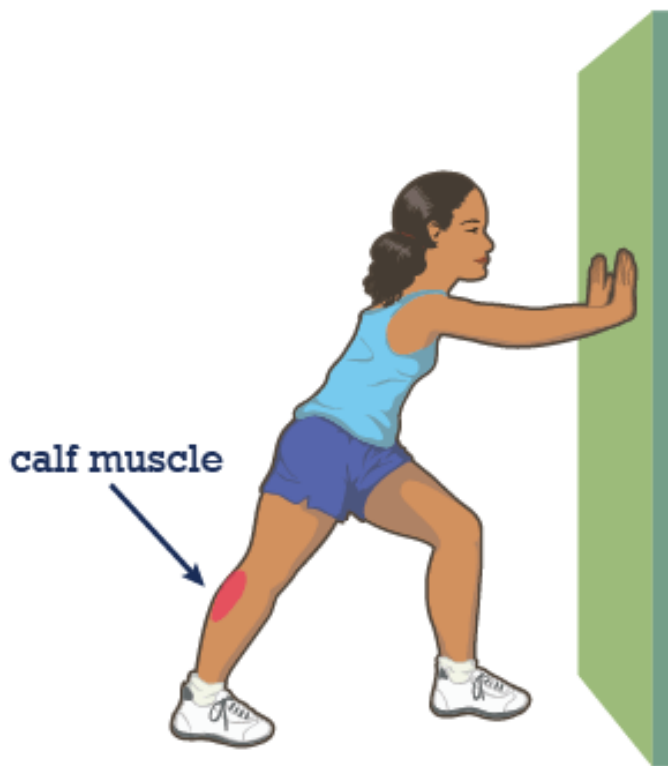


Quadricep Stretch

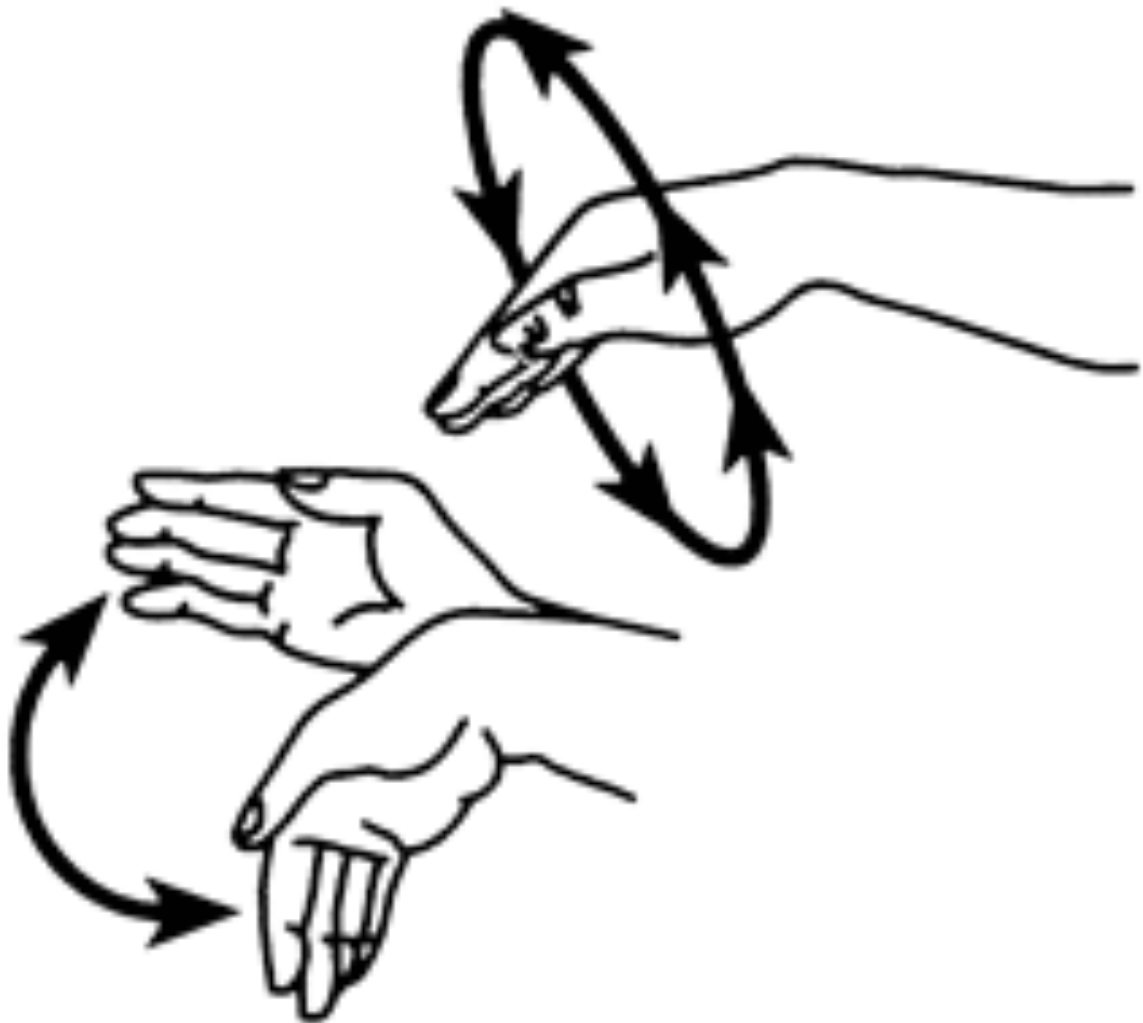
"Balance Like a Flamingo"



Gastrocnemius Stretch "Big Step"



Wrist Circles



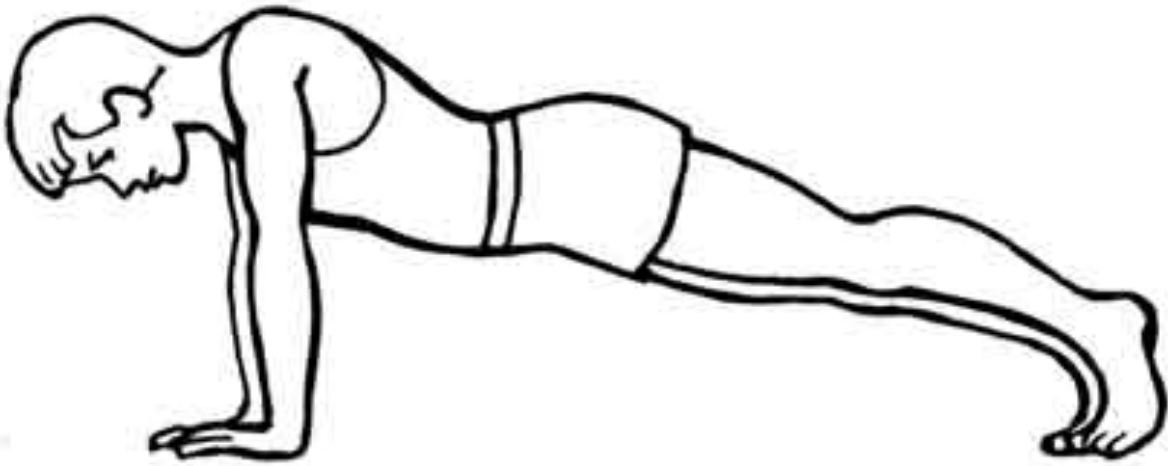
Ankle Circles



Sit-ups



Push-ups



Level/Grade: Elementary
Lesson Focus: Body part identification, visual tracking, hand/feet-eye coordination
Motor Areas: Perceptual Motor
Equipment: Access to video or music Balloon, scarf, or rolled up socks
Standards Addressed: 1.4 Create shapes at high, medium, and low levels by using hands, arms, torso, feet, and legs in a variety of combinations. 1.6 Balance on one, two, three, four, and five body parts. 1.12 Strike a stationary ball or balloon with the hands, arms, and feet.
Warm Up: Search YouTube for “Action Song” by Singing Walrus
Activity 1: Flexibility Exercises: <u>Arm circles</u> – forward/backwards <u>Arms across the body</u> – swing both arms simultaneously across the body <u>Trunk twisters</u> – twist the trunk side to side while leg stays still (can be performed while seated) <u>Neck stretches</u> – move head up and down (yes), shake head side to side (no), ear touch the shoulder (maybe) Shoulder shrugs <u>Toe touches</u> – with legs straight touch toes and then reach hands up towards the sky 5-10x <u>Flamingo stretch</u> – grab one leg and balance on one foot (students may hold on to the wall/chair) <u>Table top</u> – balance on hands and feet while belly is facing up (like a table) <u>Turtle</u> – balance on hands and feet with back towards the sky (like a turtle shell)
Activity 2: Balloon/Scarf Catch and Toss Students: using a balloon or scarf, toss it up in the air and catch it. First, use hands and then move on to different body parts. Parents: call out the name of the body part that you want your student to catch the ball with. If using a balloon tell student to “hit it” with that body part. Remind them to keep eyes on the object.
Modifications: Students may perform while sitting in a chair, in front of a mirror (for imitation of postures), parents can provide visual demonstrations as well. If striking or catching an object is challenging, place the balloon on the floor and have student kick it or hit it with their hands.

Level/Grade: Elementary 2-5

Lesson Focus: Catching (Scarves)

Motor Areas: *Object Control*

Equipment: 2 Scarves (ex. bandana, scrap of fabric, little brother or sister's t-shirt, wash cloth, cleaning rag, pillow case, 3 or 4 squares of toilet paper (still connected), a paper towel, etc.). The lighter the material the easier the activities will be.

Standards Addressed: Grade 3: 1.7, 3.1, 3.3, 5.1

Warm Up (4-5 minutes): Search YouTube for "I Can Count to 100" by Mark D. Pencil

Perform the following exercises for the corresponding numbers:

1-10: Run in Place

11-20: Jumping Jacks

21-30: Elbow to Knee taps

31-40: Toe Rises

41-50: Arm Circles

*Repeat the same exercises for numbers 51-100 in the same order

Stretch (4-5 minutes) Pick your favorite song, play it, and perform stretches. (Ex. Butterfly, hamstring stretch, straddle, arm or shoulder stretches). Make sure to hold each position for 20 seconds or more.

Activity 1: (15 minutes)

Search Youtube for "Phys.Ed.Review (scarves Phys.Ed.School)" –

Follow along with the activities: (the first few activities are designed for younger students but they are great skills to practice and use for warming up)

1. Throw and catch with two hands
2. Throw and catch with one hand – make sure to use your Right hand and your Left hand
3. Toss the scarf, touch your head, and then catch (one or two hands)
4. Toss the scarf, touch your head, touch your shoulders, then catch (one or two hands)
5. Toss the scarf, touch your head, shoulders, knees, and then catch (one or two hands)
6. Toss the scarf, touch your head, shoulders, knees, toes, and then catch (one or two hands)
7. Challenge: toss scarf and catch with your head
8. Challenge: toss scarf and catch with your foot
9. Challenge: toss scarf and catch with stomach in a crab position
10. Creativity: design your own catching trick (you can use one arm, or both, or different body parts, you can spin, clap, or even close your eyes!)

Activity 2: (5 minutes)

Teach your skill to your brother/sister or parent/guardian and see if they are able to complete it. How many times can you perform your trick before you make a mistake? How many times can you complete your trick in 60 seconds?

Closing (2-3 minutes): Talk with the person you taught your skill too. What was the hardest skill from the video to try? Why? Which one was the easiest? Why? What makes catching a scarf (or modified scarf) easier to catch in comparison to a ball?

Modifications: all activities from the video can be done sitting down in a chair (catch with your elbow instead of your stomach for the college challenge), fabrics such as toilet paper can be made longer to make catching easier, the same activities can be done with a balloon if no fabric is available, you can always pause the video to give yourself more time to work on a certain skill from the video