

Level: Second Grade

Lesson: Rhythm and Fitness

EQUIPMENT: MUSIC, STEREO, Control Cones, Boundary Markers, Fitness Cards and a rhythm instrument.

OBJECTIVES: 1. Have fun

2. Play safe

3. Perform each of the twelve exercises correctly.

4. Choose 3 exercises when prompted, doing each of the three exercises 8 repetitions each, consecutively.

5. Work cooperatively with a partner to create a routine of six exercises, done with eight repetitions each.

6. Demonstrate the Aerobic routine created with a partner.

Part 1: Warm up (12 Minutes) Review the Fitness Cards

set up twelve of the fitness stations in the control cards, spread out around the boundary of the working space. Instruct the class to find a station so there are even numbers of students at each station. Make sure your students know what all the exercises are, and then begin the circuit of exercises to music. As the students are working, rotate around to the various stations making sure that the class are performing the exercises correctly.

Part 2: Rhythm and Fitness (3 Minutes)

C "Everyone go find an own space. Chose one of the exercises you just did at the fitness cards. Each time I beat the drum, you should do one repetition of your exercise. A repetition is doing your exercise one time, like one jumping jack.. Try to do the exercise at the same time as the drum beats, ready, go (at the same time I say go, I will beat the drum.) Cool! Ok, this time I'm going to beat the drum 8 times, like this, (show them an example of the way the drum will beat for eight counts.) Try to do your exercise 8 times, with the drum. Ready, go.

Awesome!

C "Go find another own space, when you get there, choose a different exercise from the cards. Ready, go! Now your going to try that exercise to eight beats of the drum! Cue the class when you are ready to begin beating the drum.

Continue following this format of moving to new own spaces and trying different exercises to the eight beats of the drum .

*(This part will go much faster than it did with the kindergarten and first grade. If you have taught this lesson to the class as first graders, you will be able to use some verbal review in this section.)* Remind the students to work on doing the repetition with the beat.

Part 3: Creative/Sequencing (10 Minutes)

Now, in your own pace, choose three of those exercises. I am going to beat the drum 24 times. That's three sets of eight, and you have three exercises to do! Do the first exercise for the first eight beats, and the second exercise for the second eight beats and the third set of eight beats is for the third exercise. I'll let you know when to start the each new exercise. Do you know which exercises you are going to do? Ready with the first exercise, go! (Beat the drum eight times, and let them know when the second eight is going to start) ...7 and 8 second exercise, 1 and 2.... Great job! Lets try it again, if you want to choose different exercises you can. The idea is to find exercises that will follow each other easily, and still be able to stay with the beat. Ready, ...

This time, I want you to repeat your three exercises in their sets of eight as the beat continues. You will be creating a routine, or pattern. Each time you finish the third exercise, you should start again with the first.

Now I would like you to get a partner. Show your partner your three exercises, and make sure they can do them correctly. Then learn your partners three exercises. Once you both know each other's exercises, try putting them together in a routine of six exercises, each with eight beats in the set. *(After the class has had a few minutes to work this out, begin the next step)*

I am going to put on some music, listen for the beat, and put your routine of six exercises to the beat of the music. Ready, go.

Pick out a partners who seem to have grasped the concept well, and let them show off!

Part 4: Cool down and culmination (5 Minutes)

(You should still have the cards out, and at some point during the lesson, turn them around so the stretch side is facing the class.)

Go to one of the stretch cards, so there are 3 at each card. When the music plays we are going to stretch out our bodies!

(After 6 stretches bring the class together)

Were you able to continue your patterns to the music after the first time through? Was it easier for you to do the routine with a partner, or by your self? Why?

If you remember the routine that you created with your partner, we can use some of them as a warm up for our next lesson!