

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	Fitness	Travel/Stop & Own Space Review	Stereo, Music, Control Cones, Safety Rules Cards

### Objectives

1. Move safely among other students as they travel through space.
2. Stop when given verbal, audio or visual command.
3. When prompted, choose at least three different ways of traveling.
4. Find own spaces not near anyone or anything.
5. Put a sequence of traveling and finding own spaces together.
6. Have fun.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Introduction and Review of Safety Rules	10	<p>Since this is your first lesson with these students, begin by having the class sitting in the space you will meet them at each lesson. After introducing yourself, tell the students the safety rules. The safety rules are:</p> <ol style="list-style-type: none"> <li><b>1. Do your best.</b></li> <li><b>2. Be safe so that you don't hurt yourself or anyone else.</b></li> <li><b>3. Be respectful of each other, the equipment and the play area.</b></li> </ol> <p>If you break one of the safety rules, you will sit out of the activity. Once you are ready to be safe you will be able to come back into the activity. If you break a second rule you will have to sit out for the rest of the physical education class. (At this time you should ask your students if they have any questions. You might also want to review the rules with them by asking them what the four rules are, letting them tell you what the rules are and the consequences for breaking those rules.) Once you are sure your students understand the rules, you can move onto part 2.</p> <p><u>Self Responsibility</u>  5.1 Willingly participate in new physical activities.  5.2 Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity.</p> <p><u>Group Dynamics</u>  5.6 Identify and demonstrate effective practices for working with a group without interfering with others.</p>	<p>I will have the safety rules posted on a control cone.</p> <p>When a student breaks a rule, I will ask them to sit by the cone that has the safety rule they have broken.</p>
Part 2 Review Travel/Stop	5	<p>"Today you're going to start by traveling around our space. You will get to try all sorts of ways to move. The important thing to remember today is safety. When you are traveling around the space it is important to look where you are going so that you do not touch or hurt anyone or yourself. When I say go you will start moving around the space, when I say stop you should stop where ever you are and look at me. Ready go". After they have been moving for 30 seconds or so, yell freeze. Look to see that everyone has frozen on your command. Praise the students that have stopped immediately. Remind the other students that they must stop as soon as you yell freeze or stop.</p> <p>"Remember as you travel to look for the open spaces, and listen for me to give you the command to stop. This time if you do not stop when I yell freeze, you will have to sit out for not listening. Ready go" (It is important that you <b>do</b> sit out the students who do not stop when you yell freeze this time. Practice traveling and stopping giving voice cues for a couple more minutes. ) Begin telling the students some different ways to travel as they move around the space. Examples are; walk crawl, jump, slide on their bottom, travel on hands and feet, etc. Once you are satisfied with the way your students stop when you say stop, you can move on to the own space review.</p>	<p>As your students move around the space, watch to see that they are traveling safely staying away from each other. Encourage them by pointing out the students that are looking where they are going. Remind them as they travel to look for open spaces to move toward.</p>
Review Own Space	5	<p>"When I say go, find an own space inside our boundaries. Ready, go." Look to see how well the class is spread out, and if necessary, practice a couple more times finding own spaces. Remind them to look for a space not near anyone or anything. Get to an own space quickly. If you count to three or</p>	

