

LEVEL	UNIT	LESSON Number 4	EQUIPMENT
First Grade	Fitness	Hoop Exploration/Cooperation	Hoops, Hoop Cards, Fitness Cards, Music, Stereo, Control Cones

Objectives

1. Work safely while manipulating the hoop.
2. Encourage their partner by saying something positive about their trick.
3. Work cooperatively with their partner; watch patiently while partner shows trick. Show partner their trick and explain to them how to do it.
4. Have fun!
5. Create at least one new trick with their hoop.
6. Exercise safely using correct form.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1 & 2 Warm Up Hoop Review	15	<p>Warm up with a circuit of hoop cards and fitness cards. (<i>I will have the twelve control cones set up, 6 with hoop tricks and 6 with work out cards. Behind the hoop cards I will have a stretch card.</i>)</p> <p>Review the strength cards and the proper way to do the exercises in own space. The students can take their mat to the station that matches the color when it is time to begin the stations.</p> <p>I will have posters or information up around the gym regarding muscles and strength exercises. We will discuss why we need strong muscles while the students are working on the stations.</p> <p>At various times have the students check their pulse.</p> <p><u>Muscular Strength/Endurance</u></p> <p>4.8 Explain that strengthening muscles will help prevent injury and that strong muscles will produce more force.</p> <p>4.9 Explain that prolonged participation in physical activity will increase endurance, which allows for movement to occur for longer periods of time</p> <p>3.3 Demonstrate for increasing periods of time a “v” sit position, a push-up position with arms extended, and a squat position.</p> <p><u>Body Composition</u></p> <p>3.7 Sustain continuous movement for increasing periods of time, while participating in moderate to vigorous physical activity.</p> <p><u>Fitness Concepts</u></p> <p>3.2 Participate 3-4 times per week, for increasing amounts of time, in moderate to vigorous physical activities that increase breathing and heart rate.</p>	<p>Why Stronger Muscles?</p> <p>Increased muscular strength</p> <p>Increased muscular endurance</p> <p>Improvement in aerobic fitness through muscular exercise</p> <p>Prevention of musculoskeletal injury</p> <p>Improvements in sports performance</p> <p>Reduced risk of fractures in adulthood</p> <p>Exercise during the skeletal growth period is better for bone development, increasing bone strength and bone growth.</p>
Part 3	15	<p>While you are in your own space, can you think of a trick to do with your hoop that you did not do while you were practicing with the cards. (<i>Give them a minute or two to think and try a trick.</i>) “Maybe your trick is a combination of two tricks, (<i>point out some of the cool tricks I am seeing</i>)</p> <p>Check pulse during this part of the lesson.</p> <p>“When I say go, find a partner and sit back to back. With this new partner you are going to show them your trick, and explain how to do it so that your partner can try it too! After your partner shows you their trick, tell them something you liked about their trick. Like when I tell you how fun it looks, or that it was a cool trick. After you are finished helping your partner learn your trick, they will show you their trick and help you learn it. Ready go.</p> <p><i>(Remind them to tell each other something they liked about their tricks.)</i></p> <p>As time allows, I will have the class find new partners as they each finish showing and trying both tricks.</p> <p>I will send the students to the stations to stretch. The stretches are on the back of the cards.</p>	

		<p><u>Self Responsibility</u></p> <p>5.1 Willingly participate in new physical activities.</p> <p>5.2 Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity.</p> <p><u>Social Interaction</u></p> <p>5.3 Demonstrate the characteristics of sharing and cooperation in a physical activity setting.</p> <p>5.4 Invite others to use equipment and/or apparatus before repeating a turn.</p> <p><u>Group Dynamics</u></p> <p>5.5 Identify and demonstrate the factors for being an effective partner in a physical activity setting.</p> <p>5.6 Identify and demonstrate effective practices for working with a group without interfering with others.</p> <p><u>Flexibility</u></p> <p>3.6 Stretch arms, shoulders, back, and legs without hyper-flexing or hyper-extending the joints.</p>	
Culmination	2	Who can use words to describe their trick? What were some of the cool things your partners told you about your trick? Did it make you feel good to hear those things?	