

| LEVEL | UNIT | LESSON Number 5 | EQUIPMENT |
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| First Grade | Flag Football | Rhythms and Levels | Drum, Tambourine, anything you can make a beat with. Stereo, Levels Dance Music |

Objectives

1. Demonstrate in own space changes in levels.
2. Demonstrate at least three different ways of traveling in each level.
3. Have fun.
4. Travel safely.
5. Create a levels dance using all three levels.

| Activity | Time (Minutes) | Procedure | Comments/ Set- up/ Diagram |
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| Part 1 | 10 | Warm up with Shipwreck. Give the commands to the students so that they can keep moving. Emphasize that they should get into the formations quickly. | |
| Part 2 | 8 | <p>When I say go, find an own space and stand tall. Show me how you can change from a high level to a low level in eight counts. Now take eight counts to change to a high level. (Repeat) Emphasize the transition should be smooth and should begin with the first count and not finish before the last count. Try to stretch the change of level to last the whole eight counts. Point out creative ways you see the students changing from one level to another. Try this with a variety of changes. From Low to Medium, Medium to Low, Low to High, High to Medium, etc. be sure to focus on the change being distinct from one level to another.</p> <p>With my drumbeat, travel in general space at a high level in a winding pathway; freeze on the loud beat at a medium level; travel in another pathway at this level. Freeze on the next loud beat, at a low level. Travel in another direction and pathway at this level. (Repeat several times.) Again, point out the great ideas you see for traveling in the different levels.</p> | |
| Part 3 | 10 | <p><u>Track 1 on the CD</u> In your own space choose a shape to put your body in a high level. When the music begins, you begin changing to a low level. Try not to get to the low level until the music stops.</p> <p>This time you choose the level to begin in, also choose the level you will finish in. You should not start and finish in the same level. Remember to take the whole time to get to your new level. Think of something interesting you can do while changing levels to make the beginning of your dance unique. (Play track one a couple times to allow the class to practice how they will change levels. Encourage them to find a way they like and then practice it the same way each time so that they can remember the way they will start their dance.)</p> <p><u>Track 2 on the CD</u> When the new music begins that's the signal to start traveling. What ever level you have changed to will be your first level to travel in. You will travel to a total of four segments of music. When the music changes, you should change the level you are traveling in. Each time the music changes change your level. The music will change four times. When the music ends, freeze.</p> <p>This time, during the fourth segment of traveling, be sure to use the same level to travel in as the level you will use to start your dance. If you started in a high level and then changed to a low level, you should finish your dance in the high level so you are ready to begin the dance again.</p> <p>(Do this with the class a couple times. Each time, Remind them to travel the fourth time in the level they will start their dance in. Point out the levels you see and any creative ways</p> | Playing the music before you have the students move to it will be helpful. |

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| | | <p>they are traveling in those levels. Remind them to choose the levels they will travel in during each segment and stick with them so that they can practice. Once they find a way they like to travel in each level, they should stick with that too. Eventually, when you do the dance four times in a row, it should look the same each time they do the dance.)</p> <p><u>Track 3 on the CD</u> Now let's put the whole dance together. Remember it starts with the in place changing of levels. Use the way you practiced earlier in the lesson. Begin in your first level then as the music begins, you will begin to change your level. When the music changes you will begin traveling in the level you finished you change of levels in. Each time the music changes, you will use a different level to travel in. Be sure your fourth way of traveling is in the level you begin your dance in. After the fourth way of traveling, freeze in your own space.</p> <p>(have the class try it one more time, if they seem to have a good grasp of the concepts move onto the complete dance.)</p> <p><u>Track 4 on the CD</u> Now you are going to do your dance four times in a row. When you finish your fourth segment of traveling, and are in your starting level, the music for changing levels will begin. You should begin your dance again. When you have completed your dance four times, the music will stop and you should freeze in your own space.</p> | |
| Closure | 2 | Tell me with words, some of the ways you traveled in the different levels. | |