

LEVEL	UNIT	LESSON Number 1	EQUIPMENT
First Grade	STX Ball	Exploring Running And Dodging Movements	North West East and South Cards. Control Cones. Markers. Bean Bags. Drum or something to create a beat.

Objectives

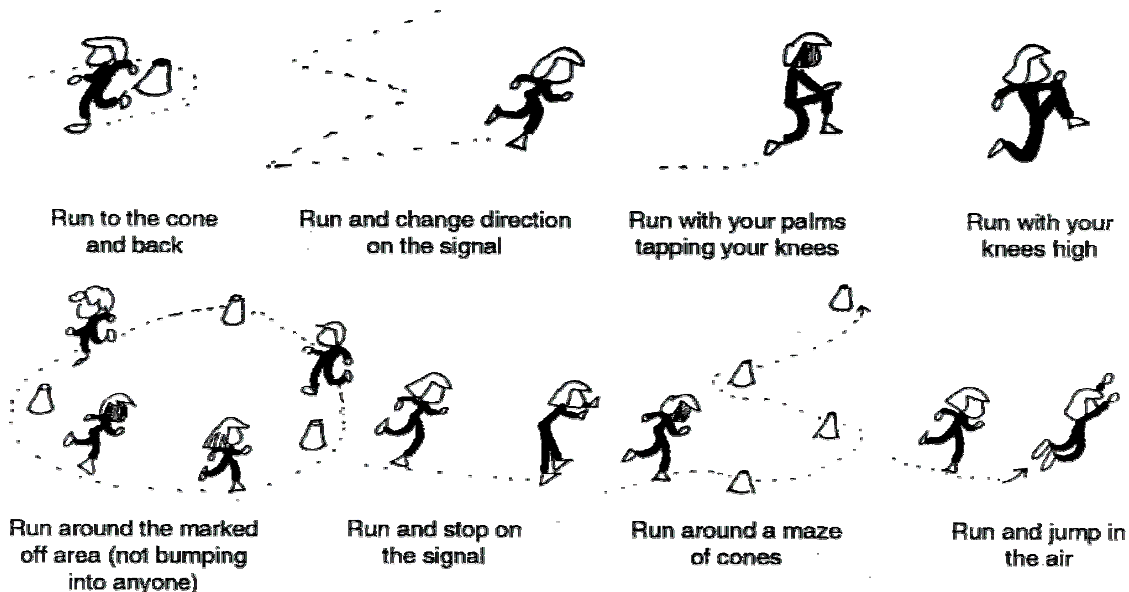
1. Children explore running in different directions, pathways, levels, and speeds, starting and stopping.
2. Students will run with good form
3. Students will play safely
4. Students will have fun.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Part 1	10	Warm up with a cooperative game of "Frozen Bean Bag".	
Part 2	15	<p>Introduce the concept of running and dodging. Be sure to include a verbal description of them both:</p> <p>RUNNING</p> <ul style="list-style-type: none"> • Head up, • Eyes forward, • Upper body relaxed, • Arms swinging back and forward instead of sideways, • Knees lifting, • Contact on the balls of their feet, • Breathing naturally. <p>DODGING "Dodging" or darting quickly away from someone or something, and "Marking" or following a player as closely as possible.</p> <p>DESCRIPTION OF ACTIVITY:</p> <ol style="list-style-type: none"> 1. Run on the balls of your feet into free space. Change direction on my drum beat. Freeze when you hear two drumbeats. Show me your best style. Don't bump into anyone. Run backwards, changing direction on my drum beat. Now run and change direction on your own. Make quick, sharp changes of direction. 2. Can you run low, gradually getting taller and taller? Run changing from a high level to a low level. Show me how you can run lifting your knees high and clapping your hands. Run with your arms high in the air; behind your back; stiff at your sides; circling your arms sideways; swinging your arms at the sides. Which way feels best for you? 3. Show me how you can run in a zigzag pathway; circular pathway; spiral pathway; figure-S; rectangular pathway. How can you run in a winding pathway in and out of the cone markers? 4. Run as lightly as possible; as heavily as possible. Run with tiny steps; with long strides. 5. Run into spaces. Stop (one drum beat) and start (two drum beats) on signal. Be sure to stop on your feet-no sliding. Run in a straight pathway back to your home. Once there, run in place. 6. Now run toward someone, stop in front of them, and then dart off in another direction. (Repeat several times.) This is called dodging. Run slowly. Show me how you can gradually speed up until you are running quickly. "Freeze!" Remember, this is called accelerating. Run quickly; then gradually slow down. This is called decelerating. Stop in your home. Now walk away from your home; then suddenly burst into a run! "Freeze!" 7. <i>North, South, East, West:</i> Point to the direction sign as I call them out. Run North; run West; run South; run Northeast; etc. 	<p>Scatter several cones throughout one half of the play area. Make four direction signs: North, South, East, and West and tape to appropriate walls.</p>
Part 3	5	8. <i>Dodge and Mark:</i> Find a partner. One partner be the Dodger; the other partner, the	

	<p>Marker. On signal "Walk," Dodger, walk about in general space, moving into free spaces. Marker, follow behind as closely as you can. On signal "Freeze!" both stop immediately. Marker, take one giant step forward. If you can touch the Dodger, then trade roles; otherwise, stay as you are, waiting for the next start signal. (Use starting signals such as: walk backwards; run forward; run backwards.)</p> <p>9. Play "Follow the Leader." Change speeds as you move.</p>	
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Running

Keep your head up with your eyes forward. Run on the balls of your feet. The amount of arm movement depends upon the speed.



Run towards the cone and back on each signal

