

LEVEL	UNIT	LESSON Number 5	EQUIPMENT
First Grade	STX Ball	Large Parachute Play	Large Parachute

Objectives

1.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1	10	Station Warm Up “When I say go, go to a station so there are three of you at each station.” <i>I will have the stations set up so that there are six workout cards and six yoga cards. They will spend thirty seconds at each station.</i> “Be sure to look at the picture so that you know what you are doing at the station. If it is an exercise, do that exercise carefully and for the whole thirty seconds. If it is a yoga pose, try to hold the pose the whole thirty seconds! Remember: Be Safe!	Have the cones set up w/cards and equipment, so that when the students get to their stations I can explain what we are doing and then they can begin.
Part 2			
Part 3			
Closure			

LARGE PARACHUTE PLAY: Part 2/3 – Review parachute basics and safety with your class. There are various ways and activities that you can use to begin parachute activities. There is a video that you can watch to see basic activities and get an idea for set up. Any activities that ask the students to move ON the parachute should only be done in the grass or in the gym. DO NOT allow the students to move on top of the parachute while it is on the black top. Also NEVER carry or lift students on the parachute. There is music available with a narrator on the Rhythm and Moves, Movement CD #3. Begin talking about safety and how to handle the parachute. The Parachute Play skills introduce a couple skills per session. You can review some of the skills that you did with kindergarten this lesson