

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

Objectives

1.

Activity	Time (Minutes)	Procedure	Comments/Set-up/Diagram
Part 1	10	<p>Dice Warm Up</p> <p>I will Put out 3 Strength Band and Three Cardiovascular activities.</p> <p>When I say go, go to a cone so there are six of you at each station.</p> <p><i>As soon as they are all at a station I will explain that the hoop and dice are to be moved to a spot in the center of the area and that they are to play "Workout Dice" until they have gone to all of the stations at least twice. If the game is not finished within ten minutes we will end it anyway.</i></p> <p>"As you are working, be sure that each person gets to roll the dice. If there are not enough strength bands at your station, be patient while you wait for the equipment, they will be done soon enough."</p>	<p>Have the cones set up w/cards, equipment, hoops and dice so that when the students get to their stations I can explain what we are doing and then they can move their hoop to the center and begin.</p>
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