

LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Kindergarten	Volleyball	Traveling and Body Shapes	Drum, maracas or other percussion instruments

Objectives

The Students will:

1. Listen to a musical pattern and move using a variety of traveling actions showing changes in body shape.
2. Listen and respond appropriately to the teacher's directions.
3. Demonstrate at least three different body shapes in own space.
4. Move Safely.
5. Have Fun.

Activity	Time (Minutes)	Procedure	Comments/ Set- up/ Diagram
Part 1	10	Warm up with Ball Handling & Fitness Station Circuit.	
Part 2	10	(Teacher is the leader for this task.) Right where you are watches how I move. Try to copy how I moved. Here we go. Teacher: (waves hands). Students: (wave hands). Let's stretch up to the ceiling, and then bend very low. (Teacher illustrates by stretching high, then bending forward.) Now you try. Students: (copy the movement.) (Teacher demonstrates a variety of simple, easy to copy movements.) I'm very pleased with how carefully you are watching me. Don't let your eyes wander away from me. Keep your eyes on me the whole time. Let's try a few more ideas. Let's see if we can move just one body part at a time. Here we go. (Teacher could select a child to be the leader.) Teacher (moves torso): Tummies moving side to side. Students: (copy) Teacher (moves shoulders): Shoulders shimmy to and fro. Students: (copy) (Isolated body parts work well with suggested music.) We can also change our body shapes. Let's try making different shapes with our whole body. Teacher: (Wide stretched out shape ... pause... Students: (copy) Teacher: (Small curled up shape close to the floor. Students: (copy) On your own quickly make a different shape with your whole body every time I tap the drum. Think of all your body parts to use. Here we go. (Tap) Make a shape ... (tap) now a different shape. (Teacher accompanies task with taps on a drum and talks student through the task.) Remember that you can make your shapes close to the floor sometimes and you may not even need to stand on your feet to make some shapes. Try again and make your shapes while letting different body parts touch the floor.	
Part 3	8	As I tap the drum, look for and travel through the empty space and when I say "and stop," stop right where you are and show me an exciting shape with your body. Here we go. "Travel ... and travel ... and move your feet ... and quick make a shape (stop) hold Travel ... and travel ... shape.... hold." (Repeat many times talking students through the task and accompanying with a variety of rhythms on the drum to elicit different locomotor responses.) Always remember to stay well spaced away from your neighbors so when we stop we are all spread out through the room. Let's try again. Let's have a quick look at our travel and shapes. (Do this in groups of six to eight.) We in the audience are looking for many different body shapes and different ways to travel.	
Closure	2	Describe one of the shapes you made in own space.	