

Movement & Science K-2 (Lesson Plan 2)

Teacher: *Toria Talbott*

Song	Artist	Link
Dog Days Are Over	Florence + The Machine	https://www.youtube.com/watch?v=ny4deVFfsYuo
Riptide	Vance Joy	https://www.youtube.com/watch?v=MsTWpbR_TVE
I Gotta Feeling	The Black Eyed Peas	https://www.youtube.com/watch?v=CwdrtwZiQ9E
Who Says	Selena Gomez	https://www.youtube.com/watch?v=akaRq5C1VO8
Just The Way Your Are	Bruno Marz	https://www.youtube.com/watch?v=GAd4ItXHBVE
I'm Yours	Jason Mraz	https://www.youtube.com/watch?v=RILP53OR63k
Girl On Fire	Alicia Keys	https://www.youtube.com/watch?v=nprTYwnauZw
On Top Of The World	Imagine Dragons	https://www.youtube.com/watch?v=g8PrTzLaLHc
Our Generation	John Legend	https://www.youtube.com/watch?v=atZ3DGhUWKU
Love Generation	Bob Sinclar	https://www.youtube.com/watch?v=pE9GzqxBQdo

- ★ Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)

1. Cardio Warm-up:

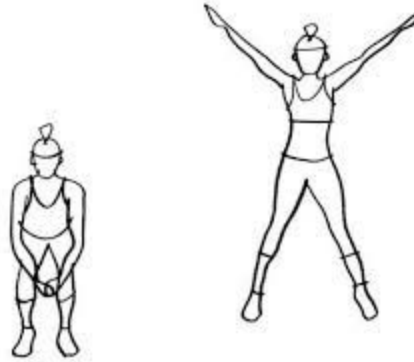
- 1.1. Bear Crawls: Start with your palms and feet flat on the floor, arch your back so that you look like a momma bear. Race around the space you have. (Add some fun by having a competition! Do the activity with a partner and see who can "roar" the loudest?)



1.1.1.

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- 1.2. Star Jumps: Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large “X” in the air. Do this 20 times. For fun, exclaim “I’m a star” at the height of the jump.

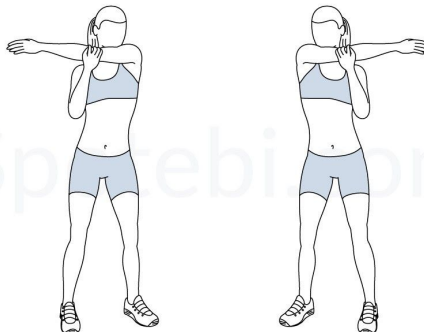


1.2.1.

★ *Grab a quick drink of water. It is always important to stay hydrated while performing a physical activity.*

2. Stretches:

- 2.1. Shoulder stretch: Keep one arm straight and reach it across your body. Use the other arm to gently pull the straight arm towards yourself. Hold each side for 20 seconds.



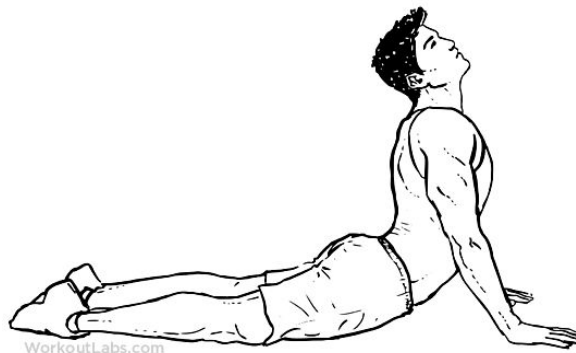
2.1.1.

- 2.2. Calf Stretch: Stand facing a wall with one foot forward. Place your hands on the wall in front of you and bend your front leg while keeping your back leg straight. (As shown in the diagram below)



2.2.1.

- 2.3. Cobra Stretch: Roll over onto your stomach and place your hands under your shoulders. Gently press up into a cobra position. Hold for 30 seconds.



2.3.1.

3. Activity: "Name Dance"

- 3.1. Materials: Paper, pen or pencil.
- 3.2. Start by writing your name, to the best of your ability, on a piece of paper. Then, try to position your body to spell out each letter of your name.
- 3.2.1. (For example, if your name starts with a T like mine I would stand straight with both my arm to the side)
- 3.3. Once you have all of your letter positions try to string them together to create your own name dance. For more fun choose your favorite song to perform it to.

4. (Optional) Science Video:

"How Does Our Body Move?":

<https://www.youtube.com/watch?v=j918PoWWaB0>