

## Movement & Science K-2 (Lesson Plan 3)

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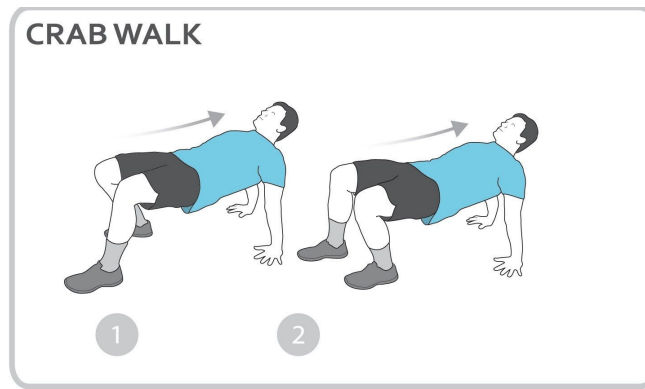
Music options:

Song	Artist	Link
What Makes You Beautiful	One Direction	<a href="https://www.youtube.com/watch?v=QJO3ROT-A4E&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=4">https://www.youtube.com/watch?v=QJO3ROT-A4E&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=4</a>
Dance With Me Tonight	Olly Murs	<a href="https://www.youtube.com/watch?v=iFQAdlJz8G4">https://www.youtube.com/watch?v=iFQAdlJz8G4</a>
Forget You	Cee Lo Green	<a href="https://www.youtube.com/watch?v=PPkrEL_GuW8">https://www.youtube.com/watch?v=PPkrEL_GuW8</a>
Live While We're Young	One Direction	<a href="https://www.youtube.com/watch?v=_Uorz7yilr8">https://www.youtube.com/watch?v=_Uorz7yilr8</a>
Saturday Night	Whigfield	<a href="https://www.youtube.com/watch?v=j3CWkayic5Y">https://www.youtube.com/watch?v=j3CWkayic5Y</a>
Dancing Queen	Abba	<a href="https://www.youtube.com/watch?v=AZGR_fz-oxA">https://www.youtube.com/watch?v=AZGR_fz-oxA</a>
Boom Clap	Charli XCX	<a href="https://www.youtube.com/watch?v=Dzvs8P4kk_8">https://www.youtube.com/watch?v=Dzvs8P4kk_8</a>
Car Wash	Rose Royce	<a href="https://www.youtube.com/watch?v=PkxaunLybuM&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=21">https://www.youtube.com/watch?v=PkxaunLybuM&amp;list=PLGYPlsdZKnLRU3hBKDmUBRdzVdM0rS0z&amp;index=21</a>
I Wanna Dance With Somebody	Whitney Houston	<a href="https://www.youtube.com/watch?v=AZGR_fz-oxA">https://www.youtube.com/watch?v=AZGR_fz-oxA</a>
Good Time	Owl City ft. Carly Rae Jepsen	<a href="https://www.youtube.com/watch?v=cmlSizwDGj4">https://www.youtube.com/watch?v=cmlSizwDGj4</a>

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

### 1. Warm-up Cardio:

- 1.1. Crab Walk: Start by sitting on the floor with your feet out in front of you, hip-width apart. Plant your palms behind you and push up onto your hands and feet so your hips are raised. Then walk back and forth for a minute – you'll be surprised how tough it is to keep scuttling.



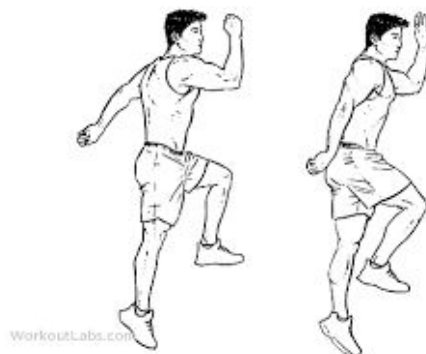
1.1.1.

- 1.2. Scissor Jumps: Begin in a standing position with one foot in front of the other. Jump up and switch the locations of your front foot and your back foot. Try this exercise slowly and then speed up the movement. Repeat this movement 20 times.



1.2.1.

- 1.3. Skipping: Step forward with your right foot, and then bring your left knee up and scoot forward at the same time. Immediately step forward with your left foot and raise your right knee into a knee-lift-scoot. Repeat this series of movements 30 times. (Note: To help the kids remember what to do, say, "Step, knee lift, scoot forward" as they do the exercise.)



1.3.1.

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

## 2. Stretches:

- 2.1. Seated Toe Touch: Sit on the floor with your legs straight forward and feet next to one another. Slowly bend forward and touch the

toes with hands. Hold the position for 10-30 seconds and return to the original position.



2.1.1.

- 2.2. **Butterfly Stretch:** Sit up straight and tall with your knees bent. Drop your legs to the sides and bring the soles of your feet together. Grasp your feet and ankles and slowly lean forward, keeping your spine straight. Place your elbows on the tops of your thighs and gently press down until you feel a stretch. If you want more of a stretch, push down on the thighs with your elbows, to move your knees toward the floor.



2.2.1.

### 3. **Balance Training:**

- Before starting make sure to have a timer or a clock available.
- 3.1. Start by standing with your feet together and your hands on your hips or straight to the side. Start the timer and pull one foot up to your knee. (Like a flamingo) Time how long you can stand on one leg. Repeat steps on the second leg. Repeat a second time on each leg trying to do better than the first time. Compare each side and determine which leg is easier to stand on.
- 3.1.1. Fun fun, try to invent a “wacky” pose that balances on one foot and repeat the activity.

4. Science/Activity: *Simon Says*

# SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- |   |   |   |
|---|---|---|
| Shake your whole body.  | Hold your arms out at your side and make circles with them in the air.                      | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down.   |   |   |
| Spin around in circles.   | Hop on your left foot 10 times.   | Lay on the floor and stretch out as far you can for 10 a count of 10.                       |
| Do a cartwheel.   | Hop on your right foot 10 times.  | Pretend to shoot a basketball 10 times.   |
| Do a somersault.  |   |   |
| Wave your arms above your head.   | Hop around like a bunny.  | Pretend to jump rope for a count of 10.   |
| Walk like a bear on all 4s.   | Balance on your left foot for a count of 10.  | Pretend to ride a horse.  |
| Walk like a crab.   | Balance on your right foot for a count of 10.   | Pretend to milk a cow.  |
| Hop like a frog.  | Bend down and touch your toes 10 times.   | Take 5 of the biggest steps forward that you can.   |
| Walk on your knees.   | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car.  |
| Lay on your back & pedal your legs in the air like you are on a bike.               | Show off the muscles in your arms.  | Do the strangest dance you can think of.  |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. |   | Scream.   |

