

## Movement & Science K-2 (Lesson Plan 4)

Teacher: *Toria Talbott*

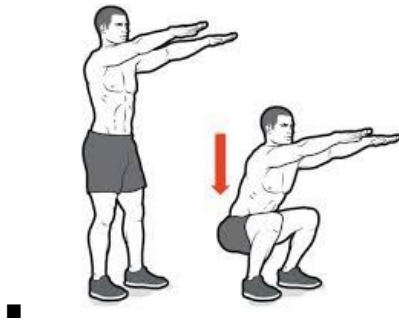
Music options:

Song	Artist	Link
Without You	David Guetta ft. Usher	<a href="https://www.youtube.com/watch?v=ZywDWOaQ9GU">https://www.youtube.com/watch?v=ZywDWOaQ9GU</a>
Beautiful Soul	Jesse McCartney	<a href="https://www.youtube.com/watch?v=fQLKHxhSHno&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=15">https://www.youtube.com/watch?v=fQLKHxhSHno&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=15</a>
One Step at a Time	Jordin Sparks	<a href="https://www.youtube.com/watch?v=SRUCgpOv9Ck&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=21">https://www.youtube.com/watch?v=SRUCgpOv9Ck&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=21</a>
Pocket Full of Sunshine	Natasha Bedingfield	<a href="https://www.youtube.com/watch?v=0btXhLdAuAc&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=22">https://www.youtube.com/watch?v=0btXhLdAuAc&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=22</a>
Good Life	OneRepublic	<a href="https://www.youtube.com/watch?v=q7QQLsC7QEw">https://www.youtube.com/watch?v=q7QQLsC7QEw</a>
Stuck Like Glue	Sugarland	<a href="https://www.youtube.com/watch?v=5Q9Gou6d9Uo&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=27">https://www.youtube.com/watch?v=5Q9Gou6d9Uo&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=27</a>
A Thousand Years	Christina Perri	<a href="https://www.youtube.com/watch?v=hrM-Bkm4c_l">https://www.youtube.com/watch?v=hrM-Bkm4c_l</a>
Life is a Highway	Rascal Flats	<a href="https://www.youtube.com/watch?v=s5TlulzXoXo&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=31">https://www.youtube.com/watch?v=s5TlulzXoXo&amp;list=PLFwhUkU59Z5vFpB4mMNHj8vuu05b60VnK&amp;index=31</a>
Love Song	Sara Bareilles	<a href="https://www.youtube.com/watch?v=92PsAqPZnQM">https://www.youtube.com/watch?v=92PsAqPZnQM</a>
Unwritten	Natasha Bedingfield	<a href="https://www.youtube.com/watch?v=MXbEWtEnTgl">https://www.youtube.com/watch?v=MXbEWtEnTgl</a>

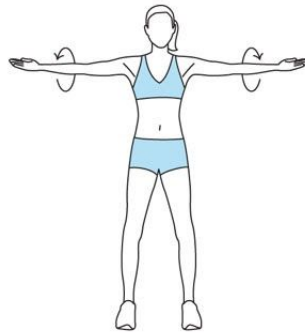
- ★ Before you start, turn on some fun and upbeat music. (option to use suggested music from the list above)

### 1. Cardio Warm-up:

- 1.1. Squats: To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure to keep your knees behind your toes and your arms out straight. (as shown in the diagram below) Do 10-20 squats.



- 1.2. Arm Circles: Stand in place and circle your arms 10 times to the front and the back.



- 1.3. Bear Crawls: Start with your palms and feet flat on the floor, arch your back so that you look like a mamma 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?)

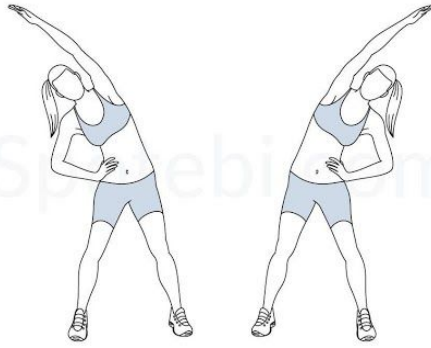


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★ *Grab a quick drink of water. It is always important to stay hydrated while performing a physical activity.*

## 2. Stretches:

- 2.1. Stand with your legs apart placing one hand on your hip and the other straight up. Reach the arm that is straight to the opposite side creating a side curve. (As shown in the diagram below) Hold for 20 seconds on each side.



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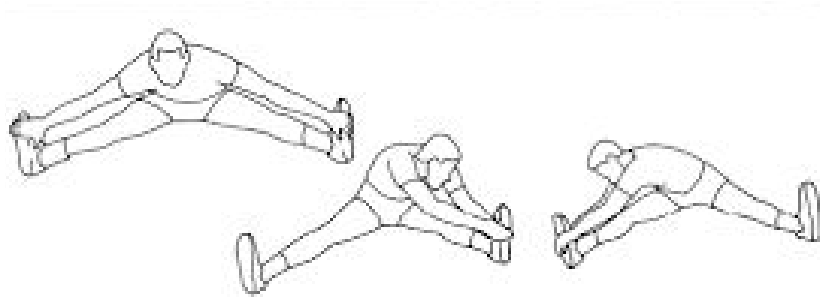
2.2. Reach both arms up as high as you can. Then bend forward at the hips keeping the knees straight and try to touch your toes.

- Repeat this 5 times, counting 10 second each time.



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2.3. Side seat straddle: Sit with legs spread apart in the front. Hold the right shin with two hands and lean forward. Hold this position for a few seconds and come back to the original position. Repeat the same with your left leg.



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### 3. Activity: *Obstacle Course*

3.1. Create an obstacle course either in your home or use chalk and make a course outside. Add in specific mental or physical challenges for more fun.

3.2. Ideas for obstacle courses:

- Crawl under or over a row of chairs.
- Crawl under a string stretched between two chair legs.
- Jump into and out of a Hula-Hoop five times.
- Walk on a balance board.

- Throw a beanbag into a laundry basket.
- Run while balancing a beanbag on your head.
- Do a ring toss.
- Somersault from one point to another.
- Do a handstand.
- Skip in place while reciting a jump rope rhyme.