

Movement & Science K-2 (Lesson Plan 5)

Teacher: *Toria Talbott*

Music Options:

| Song | Artist | Link |
|----------------------|-----------------|---|
| A Thousand Miles | Vanessa Carlton | https://www.youtube.com/watch?v=ERw2LuU6Jj8 |
| Best Song Ever | One Direction | https://www.youtube.com/watch?v=4XALIOohc0g |
| Walk Away | Kelly Clarkson | https://www.youtube.com/watch?v=9ALL4fn8fuE |
| Chasing Cars | Snow Patrol | https://www.youtube.com/watch?v=NINe6ZCRgBQ |
| Break Even | The Script | https://www.youtube.com/watch?v=e0puK1w7bGo&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=66 |
| Burn | Ellie Goulding | https://www.youtube.com/watch?v=_KX1zPv7YqE |
| Haven't Met You Yet | Michael Bublé | https://www.youtube.com/watch?v=yohpXtf6CaM&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=88 |
| Ho Hey | The Lumineers | https://www.youtube.com/watch?v=QmuYiYleTG4 |
| Beating Heart | Ellie Goulding | https://www.youtube.com/watch?v=Ar31xlUSsYI |
| It's A Beautiful Day | Michael Bublé | https://www.youtube.com/watch?v=rhkrPUXop9w&list=PLFwhUkU59Z5vFpB4mMNHj8vvu05b60VnK&index=122 |

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

1. Warm-up Cardio:

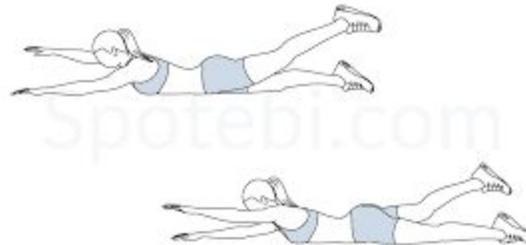
- 1.1. Scissor Jumps: Position one leg in front of the other. Jump up and switch legs so the opposite leg is forward. This is an in-place exercise! Repeat back and forth. Count to 10 if you can!



1.1.1.

- 1.2. Cherry Picker: Alternate arms reaching to pick “cherries” off a tree. Pull elbows down by sides and then reach straight up again. Great for shoulder strength! Can you do 10, 20, 30 seconds?
- 1.3. Alternating Superman: Lie face down with your arms stretched above your head (like Superman). Raise your right arm and left leg about 5 to 6 inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat 20 times alternating sides like you’re swimming.

1.3.1.



2. Stretches:

- 2.1. Tricep Stretch: Raise the right arm up overhead, palm facing in towards your head. Then bend the elbow so your fingers touch, or reach toward, the middle of your upper back. Grab the right elbow with the left hand and gently pull back until you feel the stretch in the right tricep. Hold for 10 to 30 seconds. Then switch arms and repeat.



2.1.1.

- 2.2. Cat-Cow: This yoga-influenced stretch is good for the spine and also strengthens the abdominal muscles. Start on all fours with the spine and neck in a neutral position. The back should be flat like a tabletop. Eyes should look straight down to the ground. Inhale, drop the belly down and slowly lift the neck and head up. This is the cow half of the pose—picture a cow's swayed back with bony hips. Next, on an exhale, lift the belly and spine so the back is arched like a cat's. Eyes look toward the belly button. Alternate 5 to 10 cat-cow stretches.



2.2.1.

- 2.3. Crossover Toe Touch: Cross the legs while standing with arms hanging loosely at sides and knees very slightly bent. Slowly roll down from the back and reach toward the toes with your hands. Actually touching them is optional! Hold the stretch without bouncing for 30 seconds.



2.3.1.

3. Activity: *Freeze Dance*

- 3.1. Parents/guardians play music as kid(s) dance. Randomly pause the music while they are moving. When the music stops, participants must freeze immediately and hold that position until the music begins again. If a player does not freeze immediately, s/he does 10 jumping jacks during the start of the next round and then rejoins the dance.

4. Science: *Color The Bones*

- 4.1. (Optional) Print out the cartoon skeleton below and color the different labeled bones various colors. Try to remember which color is which bone and say them outloud.

Skull

Arms

Ribs

Legs

Feet

