

Movement & Science K-2 (Lesson Plan 1)

Teacher: Toria Talbott

Music options:

Song	Artist	Link
Happier	Marshmello ft. Bastille	https://www.youtube.com/watch?v=RE87rQkXdNw
Best Day of My Life	American Authors	https://www.youtube.com/watch?v=0fTUj9mfnUk
Soul Sister	Train	https://www.youtube.com/watch?v=JloUN9j9cJ8
Count On Me	Bruno Mars	https://www.youtube.com/watch?v=Msl2fl3h59I
Thunder	Imagine Dragons	https://www.youtube.com/watch?v=GtEvysH1654
Believer	Imagine Dragons	https://www.youtube.com/watch?v=W0DM5lcj6mw
Roar	Katy Perry	https://www.youtube.com/watch?v=9VcDnWMOBtw
Happy	Pharrell Williams	https://www.youtube.com/watch?v=cmCDqX3ngfA
Lost Boy	Ruth B	https://www.youtube.com/watch?v=QvVzFS4Vyf0
Waka Waka	Shakira	https://www.youtube.com/watch?v=bi_Dz1Yr5Tg

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

1) Warm-up Cardio:

a) Depending on your available space, start with a light jog either in place or moving around. If you have the option, run outside.

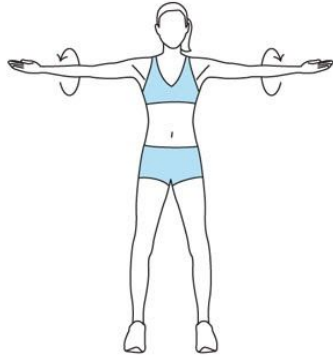
i) Jog for at least 1 minute. (option to jog longer)

b) Next, do 15 jumping jacks. (As shown in the diagram below)



i)

- ii) (For more of a challenge try for 30, or if you have a parent/guardian/sibling willing to participate, challenge them to see who can do the most jumping jacks.)
- c) Next, stand in place and circle your arms 10 times to the front and the back.

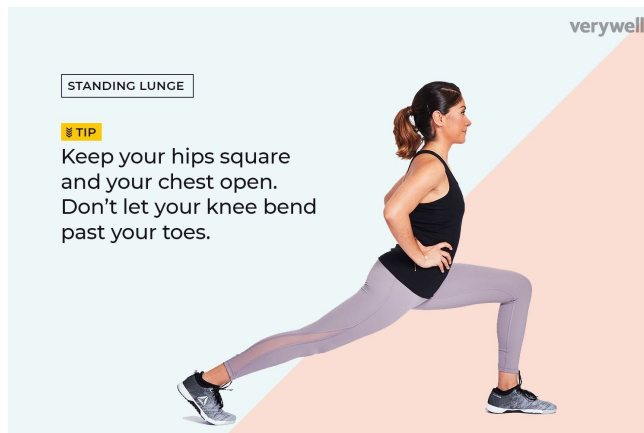


i)

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

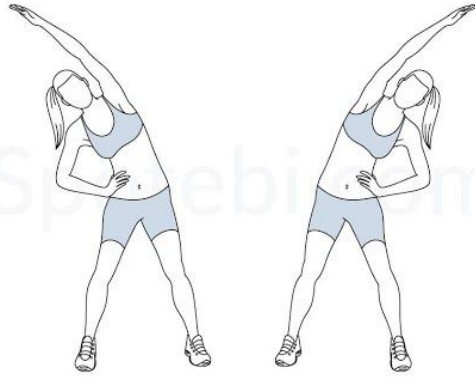
2) Stretches:

- a) 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.
 - i) Repeat this 5 times, counting 10 second each time.
- b) Step one leg forward into a lunge position. The front leg should be bent with the knee in-line with the ankle and the back leg should be straight. (As shown in the diagram below)
 - i) Hold stretch on both sides for 30 seconds.



ii)

- c) 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)



i)

3) Coordination: *Balloon Bump*

- a) Materials: Balloon
- b) Toss the balloon in the air and alternate hitting it up into the air with each hand. Count out loud how many times you can bump the balloon into the air before it hits the ground. If the balloon falls to the floor, simply pick it up and try again.
- c) Keep track of your score and make note of your best attempt.
- d) For an additional challenge try adding a second balloon.

4) Science of the Body:

- a) Name 10 parts of your body (head, shoulders, elbows, knees, etc.)
 - i) For each body part you name, think of a movement that that part of the body can do and try the movement.
 - (1) EX: knees can bend and stretch
- b) Optional fun, dance along body part song:
<https://www.youtube.com/watch?v=BwHMMZQGFoM>

5) "Shake it out":

- a) Put on a fun song and freestyle dance for at least 1 minute. For an extra challenge try to dance for the whole song.
 - i) Incorporate movements such as spinning, jumping, skipping, crawling, etc.