

Lauren Nash
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15 Students
3rd Grade
Social Studies

Academic Standard:

3.1.1 Demonstrate mature fundamental locomotor and manipulative movement skills with variations.

Example: Demonstrate variations of jumping (e.g., vertical, horizontal) and throwing a ball (e.g., two hands, underhand, and sidearm).

Performance Objectives:

Cognitive: The students will go to their assigned direction (North, South, East, and West) with 100% accuracy.

Affective: The students will cooperate with other students during the activity with 100% accuracy.

Psychomotor: The students will perform the locomotor skill assigned with 100% accuracy.

Equipment/ Materials:

- Dry erase board
- 4 pieces of paper that have a “N”, “S”, “E”, and “W”

Skill Development:

A. Introduction/Set Induction

Have students come in the gym and form a half circle around me. Start off by asking students if they know what the four directions on a compass or map are (North, South, East, and West). **(Bloom: Knowledge)** After listening to answers, write down on the dry erase board an “N”, “S”, “E”, and “W” and show students how directions are set up. **(Bloom: Visual Spatial)** Explain to students that if you can locate the North Star, which is the brightest star in the sky, then you can always find your way because if you know where the North Star is located then you will know what the other directions are. **(Gardner: Verbal Linguistic)** A good way to know the order is to remember a phrase: “Never, Eat, Soggy, Waffles”. We are now going to play an activity called “Directions”.

B. Introduce Skill

Explain to students that we are going to focus on 4 locomotor skills that we have previously learned: Running, Jumping, Sliding, and Skipping. Ask all of the students to line up on the end line. Ask one student to demonstrate how to run to the class, then all students will run to half court. Ask a student to demonstrate how to jump to the class, then all students will jump to half court. Ask a student to demonstrate how to slide for the class, then all students will slide to half court. Ask a student to demonstrate how to skip for the class, then all students will skip to half court. **(Bloom: Bodily Kinesthetic)**

Running Instructional Cues:

1. Run on the balls of the feet when sprinting.
2. Head up, eyes forward.
3. Bend your knees.
4. Relax your upper body and swing the arms forward and backward, not sideways.
5. Breathe naturally.

Jumping Instructional Cues:

1. Swing your arms forward as fast as possible.
2. Bend your knees.
3. On your toes.
4. Land lightly with bent knees.
5. Jump up and try to touch the ceiling.

Sliding Instructional Cues:

1. Move sideways.
2. Do not bounce.
3. Slide your feet.

Skipping Instructional Cues:

1. Step-hop.
2. Swing your arms.
3. Skip smoothly.
4. On your toes.

Guided Practice Activity:

On the court I will set up a compass by laying 4 pieces of paper that have an “N”, “S”, “E”, and “W” in the correct locations. As a whole group, the students will gather in the middle of the basketball court. I will first ask students to face north, and then I will ask them to face the other directions as well. Next, students will listen for the locomotor skill that I call out (Run, Jump, Slide, or Skip). I will then give students a direction (North, South, East, or West) I would like them to move to. Here is an example of how the activity will be: Can you please run to the East? Everyone will do the correct locomotor skill and go to the correct direction.

C. Group Activity:

On the court I will set up a compass by laying 4 pieces of paper that have an “N”, “S”, “E”, and “W”. I will split students into 4 equal groups. Each group will be assigned a direction (North, South, East, or West). Once every group is assigned a direction, they will go to where their direction is located. For example, if Phylicia’s group was the “North” group, then they would go stand by the “North” piece of paper. After all the groups are where they are supposed to be, I will explain to them that I am going to call out one of the locomotor skills that we discussed (Run, Jump, Slide, or Skip). Students will then perform the locomotor skill when I say to begin. Students will perform the

locomotor skill around the area until they here the word “Direction”. The students need to go to a direction they have not been to yet. By the end of the activity, students should have gone to all 4 directions. During the activity, ask students what direction they are located.

Closure:

Have students sit down and form a half circle again. Ask students what the 4 directions are on a compass. (**Bloom: Comprehension**) Have students point out the directions based on the compass I made on the floor. Ask students if they enjoyed this activity. Ask students if they have traveled anywhere in the United States, and tell them the direction the location is to us in Indiana.

References:

Barto, J. (2007). North Star Scramble. [Online]. Available:
<http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=7710>